



2013-14 MEN'S & WOMEN'S TRACK & FIELD





MAHAGONY JONES



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 PennStateCrossCountryandTrackandField





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September 13	Harry Groves Spiked Shoe Invitational	Blue-White Golf Courses
October 5	Paul Short Run	Bethlehem, Pa.
October 18	PSU National	Blue-White Golf Courses
October 19	Pre-National Invitational.....	Terre Haute, Ind.
November 3	Big Ten Championships	West Lafayette, Ind.
November 15	NCAA Mid-Atlantic Regional.....	Bethlehem, Pa.
November 23	NCAA Championships	Terre Haute, Ind.

2013-14 TENTATIVE Indoor Schedule

December 14	Blue-White Meet	Ashenfelter III Indoor Track
January 11	Penn State Relays	Ashenfelter III Indoor Track
January 18	Nittany Lion Challenge	Ashenfelter III Indoor Track
Jan. 31-Feb. 1	PSU National	Ashenfelter III Indoor Track
February 7-8	Sykes & Sabock Challenge Cup	Ashenfelter III Indoor Track
February 14-15	SPIRE D-I Invitational.....	Geneva, Ohio
February 14-15	Washington Husky Classic	Seattle, Wash.
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March 14-15	NCAA Indoor Championships.....	Albuquerque, N.M.

2014 TENTATIVE Outdoor Schedule

March 26-27	Texas Relays	Austin, Texas
April 4-5	Stanford Invitational.....	Palo Alto, Calif.
April 5	Crimson Tide Invitational	Tuscaloosa, Ala.
April 12-13	TBA	TBA
April 18-19	Mt. SAC Relays.....	Walnut, Calif.
April 19	TBA	TBA
April 24-26	Penn Relays	Philadelphia, Pa.
May 2-3	TBA	TBA
May 3	Payton Jordan Invitational	Palo Alto, Calif.
May 9	Jim Thorpe Invitational	University Park, Pa.
May 16-18	Big Ten Outdoor Championships.....	West Lafayette, Ind.
May 29-31	NCAA Eastern Preliminary	Jacksonville, Fla.
June 11-14	NCAA Outdoor Championships.....	Eugene, Ore.
June 26-29	USATF Senior/Junior Championships.....	TBA

BOLD – Denotes HOME Competition



After 14 years and 108 NCAA All-Americans on the women's side, as well as six years and 40 All-America honorees with the men's squad, Beth Alford-Sullivan enters her 15th year at the helm of the Nittany Lion women's program and her eighth campaign as the Director and Head Coach of Track and Field/Cross Country, overseeing both the men's and women's programs.

Sullivan's decorated resume is undoubtedly among the most impressive in the country, as it includes two NCAA "Trophy" Team finishes, seven Big Ten team titles, one Big Ten "Triple Crown," as well as three individual NCAA Champions, and one NCAA Champion relay.

Sullivan has also been highly recognized by her peers, having won 29 "Coach of the Year" awards during her decorated career, including four citations in 2012-13 alone. 2013 also marked a high point on Sullivan's resume, as she was chosen to represent the United States as the Head Women's Coach at the IAAF World Championships in Moscow. With Sullivan's guidance, Team USA finished the competition with a total of 25 medals, including six gold-medal performances. Sullivan - along with Men's Head Coach Mike Holloway of the University of Florida - helped the US Teams to the second-highest medal count in World Championship history. The United States also earned 25 medals in 2011, finishing with a higher medal count (26) in only 1991 and 2007.

Since taking the reigns of both the men's and women's programs in 2006, Sullivan has remained steadfast to the vision of having two programs in the top tier of the conference and the NCAA. Both the men's and women's squads continued to make outstanding statements during the 2012-13 campaign, highlighted by the Nittany Lions' haul of 11 USTFCCCA First Team All-America finishes on the year, as well as the program's seventh Big Ten team title. The Nittany Lions would also make a statement in the NCAA team ranks, as the men's squad turned in top 15 finishes at both the NCAA Indoor and Outdoor Championships, including a ninth-place standing during the indoor season.

On the course, Sullivan would lead the women's squad to a victory at the 2012 Mid-Atlantic Cross Country Championships - marking the program's first-ever regional title. The Nittany Lions would go on to a 14th-place finish at the NCAA Cross Country Championships, qualifying for the national meet for the fourth-straight occasion. Since taking over the men's cross country program, Sullivan has guided at least one individual athlete to the championships on six of seven occasions, including team bids in 2008 and 2010.

Recapping 2013 ...

The Nittany Lions claimed a total of 11 All-America finishes in 2013, including runner-up efforts by Casimir Loxsom in the 800 meters at both the NCAA Indoor and Outdoor Championships. Loxsom wasn't the only Lion on the medal stand, however, as Kidder followed with a third-place finish in the 800 at the NCAA Outdoor Championships. The two-three punch made the Nittany Lions to first squad to put two in the top three in the event since Michigan achieved the feat in 1945. Robby Creese would also add to the haul outdoors, finishing sixth in the 1500 meters.

Kidder and Creese - along with teammates Brandon Bennett-Green and Za'Von Watkins - were also at top form during the indoor season, combining to finish second in the distance medley at the NCAA Championships. Along with a sixth-place effort from Will Barr in the weight throw, the Nittany Lions turned in a record-setting ninth-place finish in the team standings at the Indoor Championships.

Also earning All-America status during the outdoor season were javelin duo Laura Loht and Lauren Kenney. Loht would finish fourth overall, with Kenney

Penn State Track and Field/Cross Country Under Beth Alford-Sullivan ...

- * 148 NCAA All-Americans
- * 84 Big Ten Individual Champions
- * 17 Big Ten Champion Relays
- * 29 Coach of the Year Awards
- * 30 USTFCCCA Regional Athletes of the Year
- * 9 Big Ten Championship Records
 - * 4 NCAA Champions
- * 6 Big Ten Athletes of the Year
 - * 7 Big Ten Team Titles
- * 8 Big Ten Freshman of the Year
 - * 3 Olympians
- * 2 World Championship Qualifiers
- * 2 IAAF World Junior Medalists
 - * 2 NCAA Trophy Teams
 - * 6 Penn Relays Wheels
 - * 1 Big Ten Triple Crown

following in fifth to mark the second-straight year that the pair has garnered top five finishes at the NCAA meet.

Kenney and Loht were also key cogs in the Nittany Lions' Big Ten title run outdoors, with Kenney leading with a javelin victory, and Loht following in second. Also adding individual victories were Mahogany Jones in the 100 meters, and Evonne Britton in 100-meter hurdles - both claiming their first-career Big Ten crown.

The Nittany Lion men took center stage during the indoor season, posting a third-place effort in the team standings at the conference meet - tying the program's highest-ever indoor finish. Leading the way was Loxsom, who took the 600 in conference record fashion, as well as Kidder and Creese, who won individual titles in the 800 and mile, respectively. The men's distance medley - Kidder, Matt Gilmore, Ryan Brennan, and Creese - also claimed Big Ten gold, giving the Nittany Lions the conference title in the event for the second-straight year.

The relays were in prime position for Sullivan in 2013, as the Nittany Lions claimed school records in both the men's and women's 4x200-meter relays, as well as the men's 4x800-meter relay, and the men's distance medley relay. In fact, the Nittany Lions' performance in the men's 4x200 (1:24.70) - with the efforts of Emaanel Mpanduki, Matt Gilmore, Brandon Bennett-Green, and Aaron Nadolsky - now stands as an all-time indoor collegiate record. Meanwhile the men's DMR, which would earn runner-up honors at the NCAA Indoor Championships, would clock a sizzling school-record 9:26.60 at the Alex Wilson Invitational, which is recognized as the second-fastest performance ever run by a collegiate foursome indoors.

The records continued to fall indoors, including several Penn State benchmark performances by then-senior Loxsom. Loxsom ripped through the middle distances throughout the season, setting school records in the 600 (1:15.42), and 800 (1:46.98). Loxsom, who would earn Big Ten Athlete of the Championship, and Athlete of the Year status indoors, would go on to a runner-up finish in the half mile at the NCAA Indoor Championships, while his 600-meter performance is considered an all-conditions American Record.

Sullivan also saw records rewritten in the distances during the indoor season, including Robby Creese in the mile (3:57.11), and Sam Masters in the 3,000 meters (7:54.52).

The relays continued to stand out during the outdoor season, as the Nittany Lions added another pair of Penn Relays wheels to their collection, winning "Championship of America" titles in distance medley - in record-breaking fashion - and the 4x800 for the second-straight year. The Lion foursome of Kidder, Bennett-Green, Loxsom, and Creese combined to run a blistering 9:24.68, which was not only a school record, but the fastest effort by a



collegiate team in 2013.

Program Success ...

Under Sullivan, the Nittany Lion women's team has become a national mainstay, scoring at the last 13 NCAA Outdoor Championships, and 11 of the last 13 NCAA Indoor Championships. The women's squad has also recorded top four "trophy team" finishes in two of the last five years, placing fourth at the NCAA Outdoor Championships in 2008 and 2010. With seven conference titles under Sullivan's watch, the Nittany Lion have also been a top four team within the Big Ten Conference for well over a decade.

Since taking over the women's program in the fall of 1999, Sullivan has guided the Nittany Lions to a grand total of 15 top 25 finishes at the NCAA level, including top 10 efforts from the women's team in 2003, 2008, 2009, and 2010. The men's program has followed suit, earning top 25 standings in the last eight NCAA track and field competitions, including a ninth-place standing at the 2013 NCAA Indoor Championships - the highest indoor finish in men's program history.

The Nittany Lions success under Sullivan does not end on the track, however, as the Nittany Lion women's track and field and cross country teams have earned United States Track and Field/Cross Country Coaches' Association (USTFCCCA) All-Academic honors in each of her 14 seasons at the helm of the program. Both the Nittany Lion men's and women's cross country squads earned the academic standing, via grade point averages of 3.0 or better for the 2011 fall semester, while the women's and men's programs once again achieved the feat in the spring of 2013. In fact, the 2009-10 version of the women's squad was named USTFCCCA "Scholar Team of the Year" for the outdoor season, which is awarded to the team with the highest NCAA finish with a 3.0 GPA.

The Nittany Lions have also been consistently recognized as one of the most successful programs in the NCAA, with the men's team earning 11th place in the 2010-11 "John McDonnell Program of the Year" standings. The award honors the institution that has achieved the most success in each academic year (spanning the cross country, indoor track & field, and outdoor track & field seasons) based on the institution's finish at the NCAA Division I Championships. Sullivan's women's squad has also been heavily recognized nationally, placing 17th in the "Terry Crawford Program of the Year" rankings for the 2010-11 seasons following only perennial stalwarts Oregon and Florida. The men have also been consistently mentioned in the rankings, as Sullivan's men's squad was recognized for the honor in 2009, finishing 14th.

A Record-Breaking 2012 ...

Sullivan coached the Nittany Lions to countless milestones in 2011-12, including a head-turning performance of 3:01.52 by the men's 4x400-meter relay at the NCAA Outdoor Championships. The relay rewrote the record books on numerous occasions in 2012, setting the indoor school record at 3:05.22 at the Alex Wilson Last Chance, and following up with a second-place standing at the NCAA Indoor Championships - the highest-ever finish by a Nittany Lion relay at NCAA Indoors. The Lions clipped off the own record little by little over the outdoor season, beginning the year at 3:07.19 - all the way down to 3:01.52, with the foursome of Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, and Brady Gehret on both All-America squads.

Sullivan would also oversee an outstanding effort from the Nittany Lion throws contingent at the NCAA Outdoor Championships, with underclassman duo Laura Loht, and Lauren Kenney providing a three-four finish in the women's javelin, to go along with a fourth-place showing from Joe Kovacs in the men's shot put.

Through the course of the 2011-12 campaign, Sullivan also coached a grand total of eight individual Big Ten Champions, and two conference champion relays. Kicking off the conference accolades was then-senior Caitlin Lane, who captured top individual honors at the Big Ten Cross Country Championships, and parlayed the effort into the 16th-place and All-America standing at the NCAA Cross Country Championships. Lane's finish - which was the second highest in Sullivan's Penn State tenure - paced the Lions to a 13th-place finish in the team standings - the best finish from the PSU program in nearly two decades.

Led by the 4x400's sizzling NCAA performance, the Nittany Lions once again laid claim to numerous Penn State records. In fact, Sullivan-coached athletes now hold all but six school records on the women's side, with then-sophomore Bekka Simko taking down the Nittany Lions' long-standing record in the

Sullivan's Coaching Awards and Honors

- * 2013 USTFCCCA Mid-Atlantic Women's Coach of the Year || Outdoor Track and Field
- * 2013 Big Ten Women's Coach of the Year || Outdoor Track and Field
- * 2013 USTFCCCA Mid-Atlantic Men's Coach of the Year || Indoor Track and Field
- * 2012 USTFCCCA Mid-Atlantic Women's Coach of the Year || Cross Country
- * 2010 Big Ten Women's Coach of the Year || Outdoor Track and Field
- * 2010 USTFCCCA Mid-Atlantic Women's Coach of the Year || Outdoor Track and Field
- * 2010 Big Ten Women's Coach of the Year || Indoor Track and Field
- * 2010 USTFCCCA Mid-Atlantic Women's Coach of the Year || Indoor Track and Field
- * 2009 Big Ten Women's Coach of the Year || Cross Country
- * 2009 Big Ten Women's Coach of the Year || Outdoor Track and Field
- * 2009 USTFCCCA Mid-Atlantic Women's Coach of the Year || Outdoor Track and Field
- * 2009 USTFCCCA Mid-Atlantic Men's Coach of the Year || Indoor Track and Field
- * 2008 Big Ten Women's Coach of the Year || Outdoor Track and Field
- * 2008 Penn State Achieving Woman Award || Pennsylvania State University
- * 2008 USTFCCCA Mid-Atlantic Women's Coach for the Year || Indoor Track and Field
- * 2007 USTFCCCA Mid-Atlantic Women's Coach of the Year || Outdoor Track and Field
- * 2004 USTFCCCA Mid-Atlantic Women's Coach for the Year || Outdoor Track and Field
- * 2004 USTFCCCA Mid-Atlantic Women's Coach for the Year || Indoor Track and Field
- * 2004 Big Ten Women's Coach of the Year || Indoor Track and Field
- * 1998 Pac-10 Women's Coach of the Year || Cross Country (Stanford)
- * 1997 Pac-10 Women's Coach of the Year || Cross Country (Stanford)
- * 1997 USTFCCCA West Region Women's Coach of the Year || Cross Country (Stanford)
- * 1996 NCAA Women's Coach of the Year || Cross Country (Stanford)
- * 1996 Pac-10 Women's Coach of the Year || Cross Country (Stanford)
- * 1996 USTFCCCA West Region Women's Coach of the Year || Cross Country (Stanford)
- * 1995 North Central Conference Coach of the Year || Indoor Track and Field (Mankato State)
- * 1995 Regional Coach of the Year || Indoor Track and Field (Mankato State)
- * 1992 Ohio Valley Conference Coach of the Year || Cross Country (SE Missouri State)
- * 1992 Missouri T&F/CC Coaches' Association Coach of the Year || SE Missouri State



COACHING AND SUPPORT STAFF

women's 800-meters this past spring, running 2:03.09. The women's squad would also reset several additional school bests during the 2012 campaign, with Lane running 2:44.24 to better her own indoor 1000 record, and the women's DMR of Lane, Ije Iheoma, Simko, and Kara Millhouse going 11:05.16.

Sullivan and the Nittany Lions continued to excel outdoors, thanks to Simko's effort, as well as a school-record 32:57.33 from Millhouse in the 10,000. Simko and Millhouse were also the bookends on the record-setting DMR during the outdoor season, along with teammates Iheoma, and Marta Klebe. The squad ran 11:08.41 on their way to the top of the charts.

The records continued to roll in on the men's side in 2012, with Creese leading the charge indoors with his Collegiate, American Junior, and Penn State record 2:19.53 for the 1,000-meters. Casimir Loxsom also took hold of the men's 600-meter school standard at 1:16.66. The men's 4x400 (Nadolsky, Bennett-Green, Loxsom, and Gehret) would end the season at 3:05.22 - also an all-time Penn State best.

Kovacs, who tore through the competition during the 2012 outdoor campaign, launched a lifetime-best 69-2 (21.08) at the most opportune time, finishing fourth in the shot put at the US Olympic Trials - finishing as the top collegiate in the field, and just inches shy of a spot on the US Olympic Team.

A Banner 2010 ...

In 2010 Sullivan's men's and women's squads experienced unparalleled success, highlighted by a fourth-place finish from the women's team at the NCAA Outdoor Championships - the squad's second "Trophy Team" finish in the last four years. The NCAA effort also included a national-title victory from then-senior Bridget Franek in the 3,000-meter steeplechase.

The Nittany Lion women were just as successful on the Big Ten stage, capturing team titles in cross country, and indoor and outdoor track and field to earn the coveted conference "Triple Crown." The cross country victory was the first in program history, led by an individual victory from Franek. Meanwhile, the women's outdoor victory not only completed the 2009-10 "Triple Crown," but was the program's third-straight outdoor conference victory.

Along with the women's fourth-place effort at the NCAA Outdoor Championships, Sullivan's men's squad also made a splash nationally, claiming a pair of top 25 standings, including a 14th-place finish at the NCAA Indoor Championships - the program's highest finish in nearly two decades. The men would go on to tie for 23rd outdoors, which was also the first top 25 finish since 1993. Individually, the Nittany Lion men earned a trio of bronze-medal finishes at the NCAA Championships, with Ryan Foster (800-meters) and Joe Kovacs (shot put) each earning third-place standings indoors, and Blake Eaton taking third in the shot put at the outdoor championships. The women were also consistent members of the nation's upper echelon a year ago, placing 14th in cross country, and 13th indoors.

International Acclaim ...

Internationally speaking, Sullivan added a pair of IAAF World medalists to her coaching resume in 2010 as Casimir Loxsom earned silver-medal honors while representing the United States at the IAAF World Junior Championships in Moncton, Canada. Loxsom's second-place standing was the highest-ever finish by a U.S. athlete in the distance event since the meet's inception. Meanwhile, rising sophomore Evonne Britton claimed second-place status in the 400-meter hurdles.

More recently, Loxsom and teammate Gehret represented the United States in international competition, competing at the NACAC Under-23 Championships. Both Loxsom and Gehret qualified for the final in their respective events, with Loxsom leading the way with a fourth-place finish in the 800.

Current junior Kirsten Nieuwendam also represented the Nittany Lions as well as her home country of Suriname this summer, competing in the 200-meters at the Olympic Games in London.

Sullivan also boasts a tremendous amount of international experience in her own right. Most notably in 2004, Sullivan was named a member of the Olympic coaching staff for the Athens Games, where she helped the United States squad to nearly 25 medals in the sport of track and field. More recently, Sullivan served as the Head Coach for the United States women's team at the 2011 Pan Am Junior Championships.

She was also selected to represent the United States as an assistant coach at the 2003 World Championships in Paris where she guided the middle distance runners for the world's top ranked track and field team. She also has served as an assistant on the 2001 U.S. World Championships Team, guiding middle-distance and distance team members throughout the trials and the championships held in Edmonton, Canada. Prior to that appointment, Sullivan guided the U.S. Junior Team to the 1997 World Cross Country Championships in Turin, Italy. She was also the coach for the 1994 U.S. team that competed in the Beijing International Ekiden and was an assistant coach for the 1995 U.S. Olympic Festival staff in Colorado Springs.

NCAA Accolades ...

Throughout her tenure in Happy Valley, Sullivan has overseen the successes of four of the most-prolific NCAA careers in program history in Connie Moore, Shana Cox, Aleesha Barber, and Bridget Franek. All sensational sprinters, Moore, Cox, and Barber each totaled 11 All-America finishes throughout their Nittany Lion careers, with Cox claiming the 2008 NCAA Outdoor title at 400-meters - the first victory by a Nittany Lion woman in the track event in the NCAA era - and Cox and Barber, running as members of the 2008 NCAA Champion 4x400-meter relay. Sullivan coached Franek, who totaled 10 All-America finishes over her career, to top honors in the 3,000-meter steeplechase at the 2010 NCAA Outdoor Championships - marking the fourth NCAA victory by a Nittany Lion under Sullivan's watch. Franek also achieved a rarely matched feat over her Penn State tenure, qualifying for every NCAA opportunity in cross country, and indoor and outdoor track and field over her career - a perfect 12-for-12 appearances.

Sullivan's first NCAA title at Penn State came in 2003, when Deshaya Williams claimed national gold in the discus. The Lions have had quite a presence in both the 4x400 and the steeplechase on the NCAA stage under Sullivan's watch, with a Penn State mile relay making the NCAA field during both the indoor and outdoor seasons over the past five years, and earning All-America standing on six of those occasions. Sullivan has also coached at least one NCAA qualifier in the steeplechase in seven NCAA meets since the event was added to the women's program in 2001.

In her seven years with the men's program, Sullivan has coached at least one entrant in the NCAA track and field meet on the men's side in 13 of 14 opportunities, including graduate Ryan Fritz, who earned a grand total of four All-America certificates during his Penn State career. Sullivan also coached Tyler McCandless to an All-America finish in the 10,000-meters in 2010, becoming the first Nittany Lion to earn the honor in the event since 1994. The Nittany Lion men have also achieved six bronze-medal finishes under Sullivan, including two from Kovacs in the shot put in 2010 and 2011, and third-place efforts from Foster in the 800 in 2010, and the mile in 2011. The 4x400 added to the haul this past academic year, placing second indoors and fourth during the outdoor season.

Sullivan has also overseen multiple recipients of USTFCCCA regional awards on a yearly basis. Most recently, Loxsom swept the indoor and outdoor awards on the men's side, while junior Mahogany Jones was recognized during the outdoor season. Sullivan has been recognized by USTFCCCA on numerous occasions, and was named Mid-Atlantic Men's Coach of the Year in 2009, becoming the first woman to win the award at the helm of a men's program. She earned the honor again in 2013.

Big Ten Success ...

The Nittany Lions have also been highly successful in Big Ten competition under Sullivan's guidance, with the Nittany Lions 84 individual victories over the last 14 years, as well as 17 conference champion relays. Under Sullivan, the Nittany Lion women have been at the top of the heap at the conference level for over a decade, having finished no worse than fourth at any Big Ten track and field championship since 2003.

Cox, a 2008 graduate, remains at the top of the charts, with an outstanding total of 15 victories, while 2011 graduate Shavon Greaves stands with 14 total titles, including sweeps of the short sprints during both the indoor and outdoor championships in 2009 and 2010. Sullivan has also overseen a pair of wins in the men's javelin throw, including a Big Ten record 239-9 (73.09) effort by Allen Pettner in 2007. 2012 graduate Kara Millhouse also rose to prominence in the Big Ten record books under Sullivan, capturing two-straight conference victories in the 10,000.

The Lion have been recognized throughout the years for their conference success, including a pair of Big Ten "Freshman of the Year" citations for Creese in 2012. Also earning conference accolades in 2012 was Lane, who



won Big Ten "Athlete of the Year" honors on the heels of her victory at the Big Ten Cross Country Championships. Kovacs rounded out the year with a conference "Field Athlete of the Year" nod during the outdoor season.

The Lions were also prominently recognized by the conference in 2013, as Kidder copped Freshman of the Year honors during the indoor season, and Loxsom received Big Ten Athlete of the Championship and Athlete of the Year status.

The conference honors rolled in in 2009-12, with Franek earning Athlete of the Year honors in cross country, along with a Freshman of the Year citation for Nicole Lord. Sullivan would also be voted Big Ten Coach of the Year, thanks to the Lions' cross country success. Sullivan would earn another conference Coach of the Year award indoors, while Franek was named Athlete of the Meet, and then-junior Shavon Greaves took Athlete of the Year status. Outside, Fawn Dorr was declared Athlete of the Meet, while Sullivan earned yet another Coach of the Year citation. On the men's side, Loxsom would earn Freshman of the Year status outdoors.

On the Big Ten stage, Sullivan's Nittany Lions claimed a combined total of 14 individual victories, to go along with three relay wins. Franek got the ball rolling in cross country, taking top honors at the conference meet - becoming the first Nittany Lion to win the conference cross country title since Kim McGreevy in 1994.

The Nittany Lions had a banner afternoon at the conference meet in 2009, highlighted by an individual victory from then-senior Franek. The Nittany Lions would put all five scoring finishers in the top 25 for a winning total of 71 points, with Franek in first, Lord in ninth - good for second-team all-conference honors - freshman Brooklyne Ridder in 16th, sophomore Caitlin Lane in 22nd, and sophomore Kara Millhouse in 23rd.

On the Cross Country Course ...

Penn State squads have enjoyed outstanding success in cross country under Sullivan's watch, including four-straight NCAA appearances by the women's team, highlighted by top 15 finishes in three of the last four seasons.

Sullivan guided the Nittany Lions to a highly successful cross country campaign in 2012, leading the Nittany Lion men to a fifth-place finish at the NCAA Mid-Atlantic Regional. The Lions efforts were led by All-Region efforts by then-seniors Sam Masters and Tyler Jones. Sullivan led five Nittany Lions to All-Region honors on the women's side, including Tori Peri, Bekka Simko, Brooklyne Ridder, Emily Giannotti and Leigha Anderson.

The men's cross country program has made great strides with Sullivan at the helm, qualifying as a team for the NCAA Cross Country Championships in both 2008 and 2010. All told, Sullivan has guided at least one male entrant to the NCAA meet in six of the last seven seasons.

Sullivan has also coached two of the Lions' most successful athletes on the cross country course in Vince McNally, and Kyle Dawson. McNally, who graduated in 2012, ended his career as one of just 13 four-time NCAA cross country qualifiers in program history. Meanwhile, Dawson, who also ended his eligibility in 2012, qualified for the NCAA meet on three occasions, and was named the Big Ten Freshman of the Year in 2008.

Caitlin Lane paved the way in 2011, finishing 16th overall to earn her first-career All-America citation. Lane's hot streak started at the Big Ten Championships, where she took top honors, becoming the second Nittany Lion to win the Big Ten crown in the last three years.

In 2009, Sullivan coached the women's cross country team to a 14th-place effort at the 2009 NCAA Cross Country Championships, to go along with the program's Big Ten victory. The Nittany Lions would also receive representation on the men's side at the national level, with sophomore Vince McNally making his second-straight appearance at the NCAA meet.

Sullivan's Lions shined in the NCAA field, paced by Franek's 26th-place finish, which was also good for her second-career All-America effort in cross country. Ranked as high as 11th during the season, the Lions' 14th-place effort was the highest since the 1996 campaign. Penn State advanced to the Championships via an at-large bid, thanks to in-season wins over outstanding programs such as Florida State, Illinois, Minnesota, Notre Dame, Ohio State, Providence, and SMU, earning more than enough qualifying points to make the field.

A year prior, Sullivan coached Franek to a 23rd-place effort and All-America honors at the 2008 NCAA Cross Country Championships. Sullivan also led the men's squad to its first appearance at the NCAA meet since 1994, thanks to a second-place finish at the NCAA Mid-Atlantic Regional. The Nittany Lion men notched a 25th-place standing at the NCAA Championships.

The Nittany Lion men engineered an outstanding 2008 campaign, thanks to a group of seasoned veterans, two talented freshmen, and homegrown Pennsylvania work ethic, as six of the eight Nittany Lion men that traveled to the NCAA Championships are former Pennsylvania high school standouts.

The Nittany Lions continued to impress at the Big Ten Championships, posting a fourth-place effort in the team standings - the highest conference finish in nearly a decade. Dawson was also voted Big Ten Freshman of the Year following his effort at the conference championships, becoming the first athlete in Nittany Lion history to earn the honor in cross country.

The Nittany Lion cross country squads have been a strong factor at both the conference, regional, and national levels since Sullivan's arrival in 1999, as the Penn State women have made NCAA appearances in 2002, and 2003, 2009, and 2010 while earning top five finishes in the Mid-Atlantic region on eight occasions. In 2000, Sullivan led Suzanne Heyer to a 14th-place finish at the NCAA Cross Country Championships - the highest-ever finish by a Nittany Lion woman in the NCAA era.

Before Penn State ...

Prior to her tenure at Penn State, Sullivan was the Women's Coordinator for the Stanford track and field and cross country teams from 1995-99. During those four years, Sullivan coached over 30 NCAA All-America athletes including one NCAA individual champion (Monal Chokshi in the 3,000 meters), led numerous Pac-10 team and individual championship performers and led the team into national prominence. Under her coaching, Stanford placed in the top 10 at the NCAA Cross Country Championships all four years of her tenure including winning the NCAA championship in 1996. The Cardinal also took home runner-up honors in 1997 and a strong third place finish in 1998. In return, Sullivan was named Pac-10 Coach of the Year three times, NCAA Regional Coach of the Year twice and NCAA Division I Coach of the Year in 1996. Before her years at Stanford, Sullivan served as the head coach at Mankato State University from 1993-95 and as the assistant coach at Southeast Missouri State University from 1991-93. She earned conference-coaching honors and produced over 20 conference champions for these schools.

In 2007, Sullivan was inducted into the Minnesota Classic Lake Conference and the Hopkins High School Hall of Fame, both in Minnetonka, Minn. As a high school athlete at Hopkins High, Sullivan competed in track and field and cross country and was a member of the state championship cross country team in 1983, and the fourth-place 4x800-meter relay at the state level.

Sullivan earned a bachelor's degree in Social Work in 1989 from the University of Minnesota. As a Golden Gopher, she ran cross-country and track and field and captained her cross-country team her sophomore through senior years. She later completed a Master of Science degree in Sports Administration at Southern Illinois University at Carbondale in 1993. While at SIU, she began her college coaching career serving as assistant coach from 1989-91. During her time at SIU, she met and married her husband, Jim Sullivan. Jim is a full-time instructor with the Department of Kinesiology at Penn State and continues to be an important resource in developing training methodology. Dr. Sullivan volunteers his time as the Penn State pole vault coach. The couple lives in Boalsburg, Pa.



COACHING AND SUPPORT STAFF



John
GONDAK

Eighth Year
Syracuse, '95
Associate Head Coach

MID-DISTANCE • CROSS COUNTRY

John Gondak begins his eighth year in Happy Valley working with the Nittany Lion cross country and distance squads. Gondak's resume while with the Blue and White - which can be matched by few middle distance mentors in the country - includes 18 USTFCCCA First Team All-Americans, 18 Big Ten Champions, 17 Penn State records, four Big Ten Freshman of the Year honorees, five Penn Relays victories, and three sub-4:00 milers.

Aside from his athletes' efforts on the track, the Doylestown, Pa., native has also had a huge impact in the Nittany Lions' success on the cross country course, including a Big Ten title by the women's squad in 2009, and an NCAA Mid-Atlantic regional title in 2012. Over the years, Gondak has assisted in NCAA-qualifying efforts by the women's squad in 2009, 2010, 2011, and 2012 and by the men's team in 2008, and 2010. The Nittany Lion women's squad placed 13th at the 2011 NCAA Cross Country Championships - the highest finish in nearly two decades. In fact, the Nittany Lion women have enjoyed four-straight NCAA-qualifying performances in cross country, capturing top 15 standings on three out of four occasions.

Gondak has also been widely recognized by the coaching community as he was named United States Track and Field/Cross Country Association (USTFCCCA) Mid-Atlantic Region Assistant Coach of the Year during the indoor season in 2009, and again for his efforts during the 2010 outdoor season. Gondak swept the Mid-Atlantic awards in 2013, winning the USTFCCCA Mid-Atlantic Men's Assistant Coach of the Year award during both the indoor and outdoor seasons.

2013 Recap ...

Gondak's charges enjoyed another record breaking campaign in 2013, led by a trio of runner-up finishes at the NCAA Championships. Gondak would lead the Nittany Lions to a pair of silver-medal standings at the NCAA Indoor Championships, with Casimir Loxsom finishing second individually in the 800 meters, and the quartet of Brannon Kidder, Brandon Bennett-Green, Za'Von Watkins and Robby Creese combining for an impressive second-place finish in the distance medley relay.

Gondak's NCAA success continued during the outdoor season, thanks to a two-three finish from Loxsom and Kidder in the 800 at the NCAA Outdoor Championships. Under Gondak's watch, Penn State became the first program to have two top three finishers in the men's outdoor 800 since Michigan in 1945. Also excelling at outdoor nationals was Creese, who earned First Team All-America status in the 1500 meters. Thanks to his sixth-place finish, Creese was the first Nittany Lion to earn an All-America finish in the event since 1994.

At the conference level, Gondak led Loxsom to Big Ten Athlete of the Championships and Athlete of the Year honors, thanks to a record-breaking performance in the 600 during the Big Ten Indoor Championships. Loxsom clocked a sizzling school and conference-record 1:15.42 in the event, which stands as the current all-conditions American best. Gondak also guided freshman duo Kidder and Watkins to a one-three finish in the 800, which included four Nittany Lions in the final. Meanwhile, Creese took top honors in the mile run - becoming the first Nittany Lion in program history to win the indoor conference mile title. Creese - just a sophomore- would also anchor the winning DMR, helping the Nittany

Outstanding Athletes Coached:

Casimir Loxsom

- * 6x NCAA All-American
- * 6x Big Ten Champion
- * American Collegiate Record Holder (600m, 1:15.79)
- * All-Conditions American Record Holder (600m, 1:15.42)
- * 2013 Penn Relays - Collegiate Athlete of the Relays
- * 2013 Big Ten Indoor Track Athlete of the Championships
- * 2013 Big Ten Indoor Track Athlete of the Year
- * 9x Penn State Record Holder
- * USATF Junior Champion (800m)
- * IAAF World Junior Silver Medalist (800m)
- * 2010 Big Ten Freshman of the Year
- * 4x USTFCCCA Mid-Atlantic Region Track Athlete of the Year

Robby Creese

- * 2013 NCAA Indoor Runner Up (DMR)
- * 2x USTFCCCA First Team All-American
- * Collegiate 1,000-Meter Record Holder (2:19.53)
- * 3x Big Ten Champion
- * Two-Time Big Ten Freshman of the Year
- * 4x Penn State School Record Holder

Ryan Foster

- * 3x NCAA All-American
- * 2x NCAA Bronze Medalist
- * 4x Big Ten 800-Meter Champion
- * 3x USTFCCCA Mid-Atlantic Track Athlete of the Year
- * Penn State Record Holder
- * Australian National Indoor Record Holder (800m, 1000m)

Brannon Kidder

- * 2013 NCAA Indoor Runner Up (DMR)
- * 2013 NCAA Outdoor Bronze Medalist (800m)
- * 2x USTFCCCA First Team All-American
- * 2x Big Ten Champion
- * 2013 Big Ten Freshman of the Year
- * USATF Senior Semi-Finalist (800m)
- * 2013 Millrose Games Champion (4x800)

Marta Klebe

- * 2013 Big Ten Silver Medalist (1500m)
- * 2013 NCAA First Round Qualifier
- * Penn State Record Holder (Outdoor DMR)

Owen Dawson

- * NCAA All-American (800m)
- * 2009 Big Ten Runner Up (Indoor 800m)
- * 2009 Big Ten Bronze Medalist (Outdoor 800m)

Mark Miller

- * 2008 NCAA Qualifier
- * 2008 Big Ten Champion (Indoor 800 meters)
- * 2006 Big Ten Champion (Outdoor 800 meters)
- * Four-Time Big Ten Medalist

Lions to their second-consecutive conference victory in the event.

The Nittany Lions were wildly successful in the relays in 2013, beginning with a victory in the 4x800-meter relay at the prestigious Millrose Games in New York City. The Penn State foursome - Watkins, Kidder, Ricky West, and Loxsom - tied a long-standing school record 7:21.37 in the effort, also setting Millrose Games and Armory facility records.

From there, Gondak guided the quartet of Kidder, Bennett-Green, Watkins, and Creese to a school-record 9:26.60 for the distance medley at the Alex Wilson Last Chance. The performance was not only the best in the NCAA ranks in 2013, but the second-fastest time ever run by a collegiate squad indoors.

The Blue and White would also shine on one of the sport's greatest relay



stages – the Penn Relays – winning the DMR, and capturing the program’s second-straight title in the 4x800. Gondak and company – Kidder, Bennett-Green, Loxsom and Creese - would claim yet another school-record in the distance medley, finishing in 9:24.68 – the top collegiate effort during the outdoor season. A day later, Gondak led the foursome of Creese, Watkins, Loxsom and Kidder to top honors in the 4x800. Loxsom was named “Collegiate Athlete of the Relays” for his efforts, becoming the first Nittany Lion in program history to earn the honor at the storied competition.

Under Gondak’s guidance, the Nittany Lion middle distance contingent set a total of six school records throughout the 2013 seasons, including Penn State indoor standards in the 600, 800, mile, 4x800, and DMR. Loxsom set a pair of records individually, going 1:15.42 for 600, and 1:46.98. Also setting a new school standard individually was Creese, who clocked a blistering 3:57.11 for the mile run.

On the Big Ten Stage ...

Since joining the conference in 2006, Gondak has coached a total of 18 Big Ten Champions, including nine of the last 12 winners in the 800. The Nittany Lions have also been consistent at the conference level in the relays, with the DMR winning consecutive Big Ten titles in 2012 and 2013.

The Nittany Lions have been highly recognized under Gondak’s watch, as the Nittany Lions have earned a total of four Big Ten Freshman of the Year citations since 2010. Loxsom was the first Nittany Lion to earn the honor, winning after an outdoor 800-meter victory as a freshman in 2010. Creese swept the honors during the indoor and outdoor campaigns in 2012, while Kidder was named the conference’s top rookie during the 2013 indoor season.

Penn Relays Success ...

Gondak and the Nittany Lions have become a fixture on the podium at Penn Relays, taking top honors in the sprint medley relay in 2011 and 2012, in addition to a victory in the 4x800 in 2012. The first sprint medley title came in 2011, marking Penn State’s first Penn Relays win since 1987. The relay would also clock a school-record 3:17.10 in the effort. The same year, Gondak led the Nittany Lions to a second-place finish in the 4x800-meter relay (Lionel Williams, Samuel Borchers, Loxsom, and Foster) in an epic battle at Penn Relays, where the team clocked 7:12.90 - the seventh-fastest time in collegiate history. The Nittany Lions’ 2012 4x800 victory was the first by a Penn State squad since 1987.

The Lions continued to excel in 2013, taking top honors in both the 4x800, and distance medley.

Outstanding Athletes Coached ...

Over his career, Gondak has coached some of the Nittany Lions’ post prolific athletes, including four-time Big Ten Champion Ryan Foster. Foster capped his Penn State career in 2011, setting a then school-record 3:58.49 for the indoor mile, and going on to finish third in the event at the NCAA Indoor Championships. The former Nittany Lion excelled under Gondak’s watch, ending up with a total of three All-America finishes - including two bronze-medal efforts - to go along with numerous Penn State records. In fact, Foster was at the helm of a banner middle distance day in Nittany Lion history, which featured three All-America finishes in the same race. Foster led the way in third, followed by Owen Dawson in eighth and Lionel Williams in 11th. In fact, Gondak’s charges hold four of the top five indoor 800 marks in the Penn State record books, with Loxsom on top at 1:46.98, Foster at 1:47.32, Dawson at 1:47.77, and Kidder in fourth at 1:48.17.

All told, Foster owns one of the more impressive PR ranges on the Nittany Lions record books, boasting career bests of 1:46.78 in the 800, all the way to his 3:58.49 mile PR. Foster also rates second in the Penn State record books in the 1000, at 2:19.60.

Loxsom – a 2013 graduate - also enjoyed one of the most outstanding middle distance careers in Nittany Lion history, including a school-record run of 1:45.28 in the 800 during the 2011 season. The effort bettered

Randy Moore’s long-standing school best 1:45.96, which had stood since 1985. The same year, Loxsom would place fourth in a blistering 800-meter final at the NCAA Outdoor Championships, running 1:45.31. Gondak would also guide a then-freshman Loxsom to a sizzling 1:16.92 for 600-meters in 2010, which formerly stood as World Junior (Under-19) Best. Loxsom would go on to post an impressive victory in the event at the USATF Junior title and advance to the IAAF World Junior Championships. Loxsom would post a silver-medal finish at the World Junior event, clocking 1:46.57. Loxsom’s finish was the highest-ever finish by a U.S. athlete in a distance event at the world junior competition.

Gondak has also been instrumental in the development of current junior Creese, and rising sophomore Kidder. Creese wasted no time in making a mark on the Penn State record books, running 2:19.53 to set Collegiate and American Junior Records in the 1000 meters during his freshman campaign in 2012.

Kidder showed outstanding promise bettering the sub-4:00 mile barrier during the indoor season, going 3:59.48 to become just the fourth sub-4:00 miler in Nittany Lion history. Incidentally, Gondak has guided three of the four outstanding milers. Kidder’s success would continue during the outdoor season, as the rookie clocked a sizzling 1:46.87 for the 800 at the USATF Senior Championships. Kidder would also place third in the 800 at the NCAA Outdoor Championships as a freshman.

Prior to Penn State ...

Prior to Penn State, Gondak spent nearly eight seasons at the University of Kentucky before moving to Georgia Tech in 2006. As an assistant coach and recruiting coordinator for the Wildcat middle distance/distance runners, Gondak oversaw 25 All-America finishes in his event area, while 19 athletes earned All-Southeastern Conference (SEC) honors. Prior to working at Kentucky, Gondak was the cross country and assistant track and field coach at Georgia Tech from 1995-96, and Toledo from 1996-98.

Gondak started out as a walk-on athlete at Syracuse and quickly improved, qualifying for the IC4A Championships as a sophomore, junior and senior in the distance-medley relay and mile run. During his senior year, he was placed on scholarship and named captain of the cross country program. Gondak graduated summa cum laude as the valedictorian of the civil engineering program.



COACHING AND SUPPORT STAFF



Randy
BUNGARD

Second Year
Virginia Tech, '87
Assistant Coach

SPRINTS • HURDLES • RELAYS

Randy Bungard is in his second year overseeing the Nittany Lion sprints, hurdles, and relays contingent, after joining the Penn State staff in September of 2012. Bungard more than managed to continue the Nittany Lions' outstanding tradition in the sprints and hurdles in his first season in Happy Valley, including individual Big Ten title runs from redshirt-juniors Mahogany Jones, and Evonne Britton, as well as a collegiate-record setting effort by the Nittany Lions in the men's 4x200-meter relay during the indoor season. Bungard's achievements were also recognized during the indoor season, as he was named USTFCCCA Women's Mid-Atlantic Assistant Coach of the Year.

Jones shined throughout 2013 under Bungard's watch, qualifying for the NCAA Indoor Championships in the 200 meters, where she would finish 13th overall – good for USTFCCCA Second Team All-America status. Jones continued to excel outdoors, advancing to the NCAA Championships in both the 100 and 200. The redshirt junior more than held her own at the national competition, placing 10th overall in the 200, thanks to a sizzling lifetime all-conditions best 23.05. Bungard would also guide Britton, and freshman Kiah Seymour to Second Team All-America honors individually, with Britton placing 10th in the 100-meter hurdles with a lifetime-best 13.06. Seymour made the most of her first-career NCAA appearance, taking 11th in the 400-meter hurdles – the highest showing of any freshman in the event.

Jones was just as productive on the Big Ten stage, capturing her first-career conference title in the 100 meters at the Big Ten Outdoor Championships. Britton would also make a charge to the top of the conference podium, winning Big Ten gold in the 100-meter hurdles. In fact, Bungard's charges played a prominent role in the Nittany Lions' team title run, scoring 60 points towards Penn State's winning total, including 17 tallies in the 400-meter hurdles alone.

The Nittany Lions were highly successful in the relays during the 2013 campaign, with both the men's (Bernard Bennett-Green, Emanual Mpanduki, Aaron Nadolsky, and Brandon Bennett-Green) and women's (Seymour, Jones, Shelley Black and Dynasty McGee) 4x400-meter squads finishing with USTFCCCA Second Team All-America honors at the NCAA Outdoor Championships.

Bungard would also lead the Nittany Lions to school records in the men's and women's 4x200-meter relays during the indoor season, with the Penn State foursome of Mpanduki, Matt Gilmore, Brandon Bennett-Green and Nadolsky combining to run a collegiate-record 1:24.70 at the Penn State National.

Bungard also had a hand in the Nittany Lions' NCAA runner-up distance medley during the indoor season, guiding 400-meter specialist Brandon Bennett-Green, who split 46.55 en route to a USTFCCCA First Team All-America finish. Bennett-Green was also a member of the Nittany Lions' 9:26.60 DMR at the Alex Wilson Invitational, running 46.4 on the quarter leg as part of the 2013 NCAA-leading effort, and the second-best performance ever run by a collegiate squad indoors. Bennett-Green was also a key DMR cog outdoors, covering the quarter on the Nittany Lions' Penn Relays winning squad. The team combined to run a school-record 9:24.68, which ranks the Nittany Lions as the sixth-fastest program in collegiate history.

Bungard arrived in Happy Valley with over 20 years of coaching experience, most recently serving as the Head Men's and Women's Track and Field Coach at Texas A&M University - Corpus Christi. Over his career, Bungard has coached numerous NCAA Champions, and nearly 100 All-Americans.

"I am so excited to add Randy to our staff," said Alford-Sullivan at the time of Bungard's hiring. "He brings a wealth of knowledge, experience and passion to the program and I am thrilled he will lead our great corps of sprinters and hurdlers. Randy is an outstanding coach that has had

Outstanding Nittany Lions Coached ...

Mahogany Jones

- * 2013 Big Ten 100-Meter Champion
- * 4x Big Ten Medalist
- * 4x USTFCCCA Second Team All-America Selection

Evonne Britton

- * 2013 Big Ten 100-Meter Hurdle Champion
- * 2013 USATF Senior Qualifier (100mH)
- * USTFCCCA Second Team All-America Selection

Brandon Bennett-Green

- * 3x USTFCCCA All-America Selection
- * 2x NCAA Runner Up
- * Big Ten Champion
- * 2x Big Ten Runner-Up
- * 2x Penn Relays Champion

Kiah Seymour

- * 2x Big Ten Medalist
- * 2x USTFCCCA Second Team All-America Selection
- * 2013 USATF Junior Qualifier (400mH)

huge success throughout his career. He is a true teacher of the events and our student-athletes will gain greatly from his expertise of our sport. Randy is a wonderful person as well and I will enjoy working with him each and every day."

Bungard spent the previous four years in Corpus Christi, where he coached men's and women's sprints and hurdles, as well as the high, long, and triple jumps. During his tenure with the Islanders, Bungard coached nine Southland Conference Champions, as well as 37 All-Conference performers. Bungard also led Islander athletes to 48 school-record performances.

"Penn State is one of those universities that a person always desires to be a part of," said Bungard. "I thank Coach Sullivan for the opportunity to come here and work with a great staff, be at a great university, and be a part of a fantastic team. Coach Johnson did an outstanding job with the sprinters, hurdlers, and the relays and my goal is to keep that level of excellence where he and Coach Sullivan worked so hard to put it. I'm really excited about being a Nittany Lion and look forward to helping this team achieve the level of excellence that Coach Sullivan and Penn State expect."

Throughout his career, Bungard has worked with some of the top track and field programs in the country, having spent 11 years as the Director and Head Coach of Track and Field/Cross Country at the University of Virginia, while also boasting coaching stints at the University of Texas, and Clemson University. He started his coaching career as a volunteer assistant at East Tennessee State University in 1987.

While in Charlottesville, he was responsible for 33 All-America finishes, as well as 34 ACC Champions. The Cavaliers also experienced some outstanding team finishes under Bungard's watch, including victories at the ACC Men's Cross Country Championships in 2005 and 2007. Personally, Bungard was named the ACC Men's Track and Field Coach of the Year in 2001, and was voted the Southeast Region Men's Track and Field Coach of the Year the same season.

Bungard was a part of highly successful stint at the University of Texas from 1995-1997, helping the Longhorn women's program to second-place finishes at the NCAA Indoor and Outdoor Championships in 1997. The year prior, the Longhorns finished third at the NCAA Indoor Championships, and second at NCAA Outdoor. All told, Bungard assisted in coaching 11 NCAA Champions and 50 All-Americans in just two years in Austin.

Early on in his coaching career, Bungard spent several successful seasons at Clemson University, overseeing 11 All-Americans and 22 ACC Champions as an assistant for the women's program from 1988-1983. The Tigers won ACC titles during the 1991 outdoor season, and 1992 indoor season with Bungard on staff.

A true student of the sport, Bungard has coached athletes in all event areas in track and field and cross country, including Kim Graham, who was a member of the United States' gold-medal 4x400-meter relay at the 1996 Olympic Games. Graham was also the U.S. 400-meter champion in 1998. While at East Tennessee State, Bungard led Angela Baker to top honors in the shot put at the 1988 NCAA Indoor Championships.

Bungard earned a B.S. in Education from Virginia Tech University in 1987, before completing his M.Ed. at East Tennessee State in 1988



Patrick Ebel is in his second year overseeing the Nittany Lion throws contingent, following a highly successful campaign in 2012-13, which was highlighted by three USTFCCCA First Team All-America finishes.

Ebel wasted no time in making a mark in the Penn State record books, leading then-junior Will Barr to a record-setting indoor season in the 35-lb weight throw. Barr set and reset the Penn State standard in event on a total of five occasions, ending the season with a lifetime-best toss of 69-11.75 (21.33) at the NCAA Indoor Championships. Barr's PR effort was good for sixth place at the NCAA meet, where he became the Nittany Lions' first All-America finisher in the event since 1998.

Ebel guided the Nittany Lions to continued success outdoors, led by a four-five finish by javelin duo Laura Loht, and Lauren Kenney at the NCAA Outdoor Championships. Under Ebel's watch, Kenney and Loht dominated the javelin throughout the outdoor season including a Big Ten victory from Kenney, and a Penn Relays title by Loht. At season's end, the Nittany Lion pair now hold the second and third-best efforts in Penn State history with Loht finishing the season with a PR 177-8 (54.15) at the USATF Senior Championships, and Kenney posting a toss of 177-3 (54.02) on the season. Both tosses were ranked among the top 10 efforts by American throwers in 2013.

Ebel's charges posted one of the more impressive efforts during the Nittany Lions' women's team title run at the Big Ten Outdoor Championships, as the Blue and White scored 23 points in the women's javelin alone. Kenney and Loht led the way with a one-two punch on the podium, while fellow Nittany Lions Melanie Leszcynski and Megan Boyer added fifth-, and eighth-place finishes, respectively.

Including Kenney and Loht, Ebel coached a total of five Big Ten medalists on the year, along with Melissa Kurzdorfer, Darrell Hill, and Michael Shuey. Kurzdorfer, who would also earn USTFCCCA Honorable Mention All-America status in the discus and the hammer on the year, picked up her second-straight conference runner-up finish in 2013, taking second in the hammer throw. Hill and Shuey both turned in their first-career Big Ten podium finishes, posting third-place efforts in the shot put and javelin, respectively.

Hill and Shuey – both in their first year with the Nittany Lions – enjoyed banner years in the respectively events, with Hill recording a toss of 62-9.25 (19.13) – the fifth-best effort in Penn State history, as well as a top 10 throw by a collegian in 2013.

Shuey emerged as one of the top javelin throwers in the Northeast as a freshman, turning in a lifetime-best effort of 230-6 (70.27) at the NCAA Eastern Preliminary Round. Shuey's PR is the sixth-best effort in school history, and was also the top effort by an American Junior (19-and-under) during the outdoor season.

Ebel added an outstanding class of recruits for the upcoming season, including Pennsylvania Gatorade Track and Field Athlete of the Year Jon Yohman. Yohman – the PIAA Champion in the shot put, and runner-up in the discus in 2013 – comes to Happy Valley with PRs of 62-1 in the shot, and 189-6 in the discus. Ebel also successfully recruited in-state-javelin standout Cole Proffitt in his first year with the Nittany Lions, as well as Ohio State shot put champion Alyssa Robinson.

Ebel – formerly of Division III powerhouse, the University of Wisconsin-Oshkosh – was hired to lead the Nittany Lion throws contingent in August of 2012. Ebel enjoyed an outstanding coaching stint at UW-Oshkosh, coaching nearly 150 NCAA Division III All-Americans in the throws, as well as 34 NCAA Champions.

"I am so excited to add Coach Patrick Ebel to our staff," said Alford-Sullivan. "He is a veteran coach that has had proven results with

Outstanding Nittany Lions Coached ...

Laura Loht

- * 2x USTFCCCA First Team All-American
- * 2013 USATF Senior Qualifier (Javelin)
- * 2012 Big Ten Javelin Champion
- * 3x Big Ten Medalist
- * 2013 Penn Relays Champion

Lauren Kenney

- * 2x USTFCCCA First Team All-American
- * 2013 USATF Senior Qualifier (Javelin)
- * 2013 Big Ten Javelin Champion
- * 2x Big Ten Medalist
- * 2012 Penn Relays Champion

Will Barr

- * 2013 USTFCCCA First Team All-American
- * Penn State Record Holder (Weight Throw)

Michael Shuey

- * 2013 USTFCCCA Honorable Mention All-American
- * 2013 USATF Junior Qualifier (Javelin)
- * 2013 Big Ten Bronze Medalist

Melissa Kurzdorfer

- * 2x USTFCCCA Second Team All-American
- * 2x USTFCCCA Honorable Mention All-American
- * 2x Big Ten Bronze Medalist

amazing success at UW-Oshkosh. His experiences from being a head coach, have prepared him for our program perfectly as he knows how to be a great recruiter, coach, teacher, team player and overall leader. I admire and respect all that he has accomplished and I am thrilled he will be continuing to lead our great tradition of success in our throws corps here at PSU."

Since arriving at UW-Oshkosh in 2001, Ebel has maintained one of the most prolific throws contingents in the NCAA, as his event area has been ranked number one in Division III since his arrival. Statistically speaking, 24 of his Titan throwers are also ranked on the all-time NCAA Top 10 lists. All told, Ebel's athletes have set UW-Oshkosh records on 43 occasions.

"I'm truly honored and humbled for the opportunity to coach the throwers at Penn State University," said Ebel. "There are very few Division I jobs for which I would have considered leaving UW Oshkosh. Penn State, with a great combination of strong academics, successful athletics and the best conference in the nation made this a great fit for me. I can't wait to be part of the Penn State Track and Field Family!"

Ebel also left a mark on the Wisconsin Intercollegiate Athletic Conference (WIAC), having coached a grand total of 66 conference championships, and 14 WIAC record holders.

The new Nittany Lion assistant's resume is also covered in coaching awards, as Ebel was named USTFCCCA Division III Indoor Coach of the Year in 2011. The WIAC Coach of the Year on three occasions, Ebel was voted USTFCCCA Midwest Region Men's Assistant Coach of the Year in 2010 and 2011, while also earning the National Throws Coaches Association Coach of the Year award in 2009.

Outside of their athletic success, Ebel's athletes have also been outstanding in the classroom, as his women's squad earned USTFCCCA All-Academic honors in 2011, with 10 athletes gaining academic honors individually during the same year. As a head coach, Ebel also led the Titan women's squad to USTFCCCA Division III Deb Vercauteren Women's Cross Country/Track and Field Program of the Year Award for 2009-2010. After joining the men's and women's program as an assistant coach, Ebel was elevated to Head Women's Track and Field Coach in 2009, while remaining as an assistant coach on the men's side. Prior to his time at Oshkosh, he got his start in collegiate coaching at the University of Wisconsin-Whitewater in 1999.

Ebel graduated from UW-La Crosse in 1992, where he was a member of the football and track and field teams. Ebel and his wife, Sandy, have two children, Lauren and Erik.



COACHING AND SUPPORT STAFF



Kevin KELLY
Second Year
Kutztown, '99
Assistant Coach

MEN'S JUMPS • POLE VAULT

Kevin Kelly is in his second year in Happy Valley, overseeing the Nittany Lion men's jump and multi-events, as well as the men's and women's pole vault. Kelly enjoyed a productive opening campaign with the Nittany Lions in 2012-13, coaching one USTFCCCA Honorable Mention All-American, three NCAA Eastern Preliminary Round qualifiers, two Big Ten medalists, and one Penn State record holder.

Kelly coached a trio of high flyers in the high jump during the 2013 campaign with senior Sean Reilly, junior Jon Hendershot, and sophomore Michael McClelland all bettering the seven-foot barrier during the indoor season. McClelland was a top Nittany Lion during the indoor season, clearing a lifetime-best 7-1 (2.16)

Hendershot and Reilly continued to improve during the outdoor season, led by Hendershot's school-record tying leap of 7-3.25 (2.22) at the Jim Thorpe Invitational. Reilly would enjoy a stellar final season in the Blue and White, clearing a career-high 7-2.25 (2.19) at the LSU Battle on the Bayou. Reilly continued to excel into the postseason, qualifying for the NCAA Outdoor Championships in the event, where we would finish 19th overall to earn USTFCCCA Honorable Mention All-America status. Both Hendershot and Reilly were consistent throughout the year, as the pair of Nittany Lions turned in scoring finishes at both the Big Ten Indoor and Outdoor Championships.

Horizontal jump specialist Brian Leap also shined under Kelly's watch in 2013, earning bronze-medal finishes in the triple jump at both the Big Ten Indoor and Outdoor Championships. Kelly guided Leap to outstanding improvements during the year, as the then-sophomore improved his lifetime-best effort in the triple jump to 50-10.25 (15.50) during the indoor season. Leap also made great strides in the long jump, ending the season with a personal-best 24-0.25 (7.32) at the Big Ten Outdoor Championships, which was also good for a fifth-place finish in the competition. Kelly signed on at Penn State in the summer of 2012 after enjoying a highly successful 11-year coaching stint at Rutgers, The State University of New Jersey. Prior to his departure from New Brunswick, he was overseeing the efforts of all the Scarlet Knight's field event athletes.

Kelly was also successful on the recruiting trail in 2013, adding in transfer triple jump standout Steve Waithe from Shippensburg University. Waithe was the PSAC Indoor and Outdoor Champion in the his signature event, and went on to All-America finishes at both Division II Championships in 2013. Kelly also welcomes in-state sensation Cody Minnig from Neshaminy High School. With a PR of 10.73, Minnig was the No. 6 ranked Pennsylvania prep in the 100 meters in 2013, coming away with a fifth-place finish at the PIAA Outdoor Championships. Minnig was just as successful at the PFTCA State Championships during his senior indoor season, finishing second in the 60, third in the long jump, and fifth in the 200. Minnig boasts a long jump PR of 23-8.

On the women's side, Kelly adds standout pole vaulter Lexi Masterson from Hempfield Area. Masterson was the PIAA runner-up in the event as a senior, and owns a lifetime-best clearance of 12-0.

Outstanding Nittany Lions Coached ...

Brian Leap

- * 2x Big Ten Medalist
- * NCAA First Round Qualifier

Sean Reilly

- * 2013 USTFCCCA Honorable Mention All-American
- * NCAA First Round Qualifier
- * 2x Big Ten Scorer (2013)

Jon Hendershot

- * Penn State Record Holder
- * NCAA First Round Qualifier
- * 2x Big Ten Athlete of the Week Selection
- * 2x Big Ten Scorer (2013)

"We're honored to have Kevin Kelly join coaching staff as he brings a wealth of experience in east coast recruiting and competitiveness," said Director and Head Coach of Track and Field/Cross Country Beth Alford-Sullivan upon Kelly's hiring. "His resume speaks for itself, as he is a first class coach, educator, and team player. We're excited be starting the new year with Kevin at the helm of the men's jumps."

Kelly arrived at Rutgers in 2001, helping the Scarlet Knights to outstanding success in the Big East Conference, including three conference team titles. Individually, Kelly has guided 19 Big East Champions, as well as 45 All-Big East performers. In 2004, his athletes swept the top three spots in the decathlon at the Big East Outdoor Championships. Over his career, Kelly has led six athletes to the NCAA Championships.

"I am extremely excited to be joining the men's and women's track and field program at Penn State University," said Kelly. "Coach Alford-Sullivan has continued to build a highly respected and nationally recognized program for both its athletic and academic achievements. I am looking forward to recruiting and working with the student-athletes to achieve our collective goals in the classroom and on the track."

Kelly, who was elevated to "Associate Head Coach" status for the Scarlet Knights in 2008, has undoubtedly made a mark on the Rutgers' record books, as Kelly-coached athletes currently own eight school records. Off the track, Kelly maintained the role of the Scarlet Knights' Recruiting Coordinator, while also serving as the men's track and field coaching staff liaison to Academic Support.

An outstanding athlete in his own right, Kelly was a three-time All-American in the decathlon while competing at Kutztown University, earning runner-up honors at the 1998 NCAA Outdoor Championships. In 1998, Kelly, who still owns Kutztown school records in the decathlon and 110-met hurdles, was named Pennsylvania State Athlete Conference (PSAC) Athlete of the Year. He is also a Kutztown Hall of Fame inductee, and a member of the Golden Bears' "Top 30 Athletes of the 20th Century." Kelly earned his B.A in Political Science in 1999.

Prior to Rutgers, Kelly spent several seasons at Lehigh University, coaching all Mountain Hawk throwers. He is married to Maisha Kelly, who is a Senior Associate Director of Athletics and Senior Woman Administrator at Bucknell University.



Fritz SPENCE

Eighth Year
Missouri State, '97
Assistant Coach

WOMEN'S JUMPS

Fritz Spence is in his eighth year coaching the Nittany Lion women's jumpers and multi-event athletes, after outstanding results over the past seven seasons. In his first seven years with the Nittany Lions, Spence has overseen 13 All-America efforts, including Gayle Hunter, who claimed a total of nine All-America certificates under Spence's watch.

Spence oversaw marked improvements from then-junior Marlene Ricketts, who advanced to the NCAA Indoor Championships in the triple jump in 2013, coming home with USTFCCCA Second Team All-America status. Ricketts also shined at the conference level, finishing second in the triple jump at the Big Ten Indoor Championships, to go along with a fourth-place standing in the long jump. Ricketts ended the indoor season with a lifetime-best effort of 42-4.75 (12.92) in the triple jump – the second-farthest performance in school history.

Spence also guided Britney Howell to an outstanding 2013 campaign, highlighted by a victory in the heptathlon at the prestigious Penn Relays Carnival. Howell also turned in a pair of scoring performances at the Big Ten level, finishing seventh in the pentathlon indoors, and sixth in the heptathlon at the outdoor conference championships.

Howell would also post the top long jump mark among Nittany Lions during the 2013 campaign – going 19-10.25 (6.05) during the outdoor season. The performance ranks ninth in the all-time Penn State standings.

Also coming in to her own in 2013 was high jumper Erika Morgan, who notched a lifetime-best clearance of 5-10.75 (1.80) during the outdoor season. Morgan – along with fellow protégée Ahmenah Richardson – would also make a trip to the Big Ten medal stand as the Nittany Lion duo tied for third-place at the Big Ten Outdoor Championships. Morgan topped out at 5-10 (1.79).

Spence took on a new coaching role in 2012, overseeing the Nittany Lion men's and women's javelin throwers, including All-America finishers Laura Loht and Lauren Kenney. The Nittany Lions javelinists had a stellar season under Spence, beginning with a victory at Kenney at the prestigious Penn Relays Carnival. During the championship portion of the season, Spence guided the duo to a one-two finish at the Big Ten Championships with Loht taking top honors. The Nittany Lions were thoroughly impressive at the NCAA Outdoor Championships, mounting a three-four finish including a PR toss from Loht at 169-4 (51.92) for third, and a lifetime-best 167-10 (51.17) for Kenney in fourth.

Along with Loht, Kenney, and Eli Skinner, Spence guided six athletes to the NCAA Eastern Preliminary Round, with Marlene Ricketts and Tanaya Lloyd representing Penn State in the women's triple jump and Erika Morgan competing in the women's high jump. Lloyd and Ricketts held their own against the top triple jumpers in the country at the event, placing 14th and 15th, respectively. Spence helped Lloyd, a 2012 graduate, to an outstanding Nittany Lion career overall, as Lloyd finished up with the Lions with the fourth-best performance in Penn State history at 42-3.50 (12.89).

Spence also guided outstanding efforts at Big Ten Indoor in 2012, with Britney Howell turning in a fifth-place standing in the pentathlon. Then-freshman Sarah Palmer also turned in a scoring finishing, placing fifth in the high jump with a season-best clearance of 5-8 (1.73).

Spence's athletes recorded an outstanding medal haul at the Big Ten Outdoor Championships in 2011, scoring podium finishes in all four horizontal events. Along with Hanif Johnson's bronze-medal finish in the triple jump, junior Doug Mopert added a third-place finish in the men's long jump, while Tanaya Lloyd claimed runner-up status in the women's triple jump, and Bianca Fung posted a third-place finish in the women's long jump.

2009 was a also banner year for Spence and the Nittany Lion jumps squad with a trio of Lions qualifying for the 2009 NCAA Outdoor Championships, including Clarence Smith in the triple jump, Hunter in the heptathlon and long jump, and first-time NCAA qualifier Fung in the long jump. Indoors, Spence guided Hunter to a runner-up finish in the pentathlon – which tied the highest ever finish by a Nittany Lion at NCAA Indoor – while also overseeing Hunter's school record leap of 20-11.25 (6.38) in the long jump during the multi-event competition. At the regional level, Spence led a total of five athletes to appearances at the NCAA East Regional Championships, including Hunter in the long jump, triple jump, and 100-meter hurdles, Fung in the long jump, and Smith, along with teammates Jay Pagana, and Johnson, in the triple jump.

Throughout the year, Hunter set a trio of school records under Spence's watch, scoring 4342 to reset her own pentathlon mark, and posting a total of 5797

Outstanding Nittany Lions Coached:

Gayle Hunter

- * NCAA Champion (2008, Outdoor 4x400)
- * Nine-Time NCAA All-American
- * 2009 NCAA Runner Up (Indoor Pentathlon)
- * Four-Time Penn State Record Holder
- * Four-Time Mid-Atlantic Region Field Athlete of the Year

Clarence Smith

- * Two-Time NCAA All-American
- * Three-Time Big Ten Champion
- * Two-Time Mid-Atlantic Region Field Athlete of the Year
- * 2008 U.S. Olympic Trials Qualifier
- * USATF Qualifier

Marlene Ricketts

- * 2013 USTFCCCA Second Team All-American
- * Big Ten Medalist
- * 3x NCAA First Round Qualifier

Bianca Fung

- * Two-Time NCAA Qualifier (Long Jump)
- * NCAA Provisional Qualifier

Jay Pagana

- * Three-Time NCAA Regional Qualifier
- * PSU McCoy Award Winner (Top GPA by student athlete)
- * ESPN the Magazine Academic All-District

to better her own school standard in the heptathlon. Hunter would also earn Mid-Atlantic Region Field Athlete of the Year honors during the indoor and outdoor seasons under Spence's watch.

On the Big Ten stage, Spence guided Smith to triple jump titles at both the indoor and outdoor conference championships, while leading his men's triple jumpers to a one-three-four showing at the outdoor conference meet. Indoors, Spence-coached athletes recorded a total of four scoring performances, while adding another four outdoors.

On the women's side, Spence led Hunter to top three finishes in the indoor pentathlon, and outdoor heptathlon, as well as scoring finishes in the indoor long and triple jumps, as well as the outdoor triple jump. Overall, Spence also oversaw a total of six top-eight scoring finishes in the women's events during the Big Ten Indoor Championships, and four during the outdoor conference meet.

In 2008, Spence led Hunter to a handful of All-America finishes, including fifth-place efforts in the NCAA pentathlon and heptathlon, as well as a fifth-place standing in the outdoor long jump. On the men's side, Spence saw Smith to an All-America finish and a Big Ten title in the triple jump. Spence's efforts were decidedly noteworthy, as he was named Mid-Atlantic Men's Assistant Coach of the Year during both the indoor and outdoor seasons.

Spence's athletes proved to be a big part of Penn State's scoring effort at the 2008 Big Ten Indoor Championships including a silver-medal finish from Taylor in the men's long jump, and bronze-medal standings from Hunter in the pentathlon, long jump, and triple jump. Spence's contingent was just as successful at the outdoor conference meet, including a two-three-four finish in the triple jump from Smith, Taylor, and Pagana, while the Penn State women provided four scoring finishes, led by Bettis in third.

During his first year in Happy Valley, Spence led Hunter to NCAA appearances in the pentathlon indoors and heptathlon outdoors, where she posted an eighth-place finish, earning All-America honors.

Prior to coming to Penn State, Spence coached 14 conference champions, 26 all-conference performers, 22 regional qualifiers, 10 NCAA qualifiers, and three All-Americans at Missouri State. Spence, who was named NCAA Women's Outdoor Track and Field Midwest Region Assistant Coach of the Year for Jumps/Combined Events in 2006, was a part of a coaching staff that won four Missouri Valley Conference Team Championships in both the indoor (2003 and '04) and outdoor (2002 and '03) seasons. The team also finished three times as the conference runner-up for the team championship (indoor 2002, outdoor 2004 and '06).

Spence and his wife, Teri, reside in State College. The couple has three daughters – Ashlie, Keiva, and Aleka – and one son – Ashton.



Director and Head Coach of Nittany Lion Track and Field/Cross Country Beth Alford-Sullivan has announced the hiring of former Nittany Lion standout Ryan Foster as Director of Operations. Foster, a multiple-time All-American and Big Ten Champion, will assist in the Nittany Lion program in various administrative capacities, including facility management, equipment distribution, alumni relations, and marketing and promotions.

Foster, who is a 2011 graduate, enjoyed one of the most successful careers in program history during, finishing his tenure in the Blue and White with three All-America finishes – including a pair of NCAA bronze-medal efforts – as well as four Big Ten titles.

The former Nittany Lion made an immediate impact on the Penn State program, winning the Big Ten indoor title at 800-meters during his sophomore campaign in 2009. Foster would go on to win three-straight indoor conference half mile crowns, while also picking up an outdoor victory in the same event in 2009. Foster was a multiple-time qualifier on the NCAA stage, finishing third in the 800 at the NCAA Indoor Championships in 2010, and matching the finish in the mile run at NCAA Indoor the following year. Boasting an impressive range, Foster was also a member of the Nittany Lions' NCAA-qualifying team in cross country in 2010.

He remains one of just four Nittany Lion harriers to break 4:00 in the mile, running 3:58.49. Hailing from Tasmania, Australia, he was the first Tasmanian to break the 4:00-barrier indoors, and also holds national records in the indoor 800 - (1:47.48) and 1000-meters (2:19.60).

Foster spent the past two years working locally as a full-time intern with the Kevin Dare Foundation, before serving as the Chief of Staff for the Partners Financial Group (PFG). Foster spent a year as volunteer assistant for the Nittany Lions during the 2011-12 campaign.

During his time with the Dare Foundation, Foster organized and participated in the world-record setting 1,000-mile relay, in an effort to promote the Foundation's scholarship fund, "Life ... Back on Track." The fundraising effort has continued to help athletes with debilitating injuries/illness, through financial scholarships, achieve their academic goals in memory of the life of former Penn State pole vaulter Kevin Dare. The 10-man team, which was comprised of mostly Nittany Lion alumni, completed the 1000-mile trek from Minneapolis, Minn., to Nittany Lion Track in 95 hours, three minutes, and one second.

COACHING AND SUPPORT STAFF



Artie
GILKES
11th Year
Penn State, '96
Volunteer Assistant Coach

DISTANCE



Jim
SULLIVAN
15th Year
Southern Illinois,
Volunteer Assistant Coach

POLE VAULT



Karaleigh
FOSTER
Second Year
Penn State, '12
Volunteer Assistant Coach

DISTANCE



Ryan
WHITING
Third Year
Arizona State, '10
Volunteer Assistant Coach

THROWS

PENN STATE SUPPORT STAFF



Michael
GAY
ATHLETIC TRAINER



Dave
YUKELSON
SPORTS PSYCHOLOGIST



Ben
EVANS
ATHLETIC TRAINER



Kristine
CLARK
SPORT NUTRITIONIST



Sei-Hee
Huang
ACADEMIC ADVISOR



Kevin
HENRY
EQUIPMENT/FACILITY MANAGER

WOMEN'S BIOS



2013-14 WOMEN'S ROSTER



Name	Year	Eligibility	Event Area	Hometown (Previous School)
Aldrich, Stephanie	Freshman	Freshman	Distance/XC	West Chester, Pa. (Henderson)
Anderson, Leigha	Junior	Junior	Distance/XC	Carlisle, Pa. (Cumberland Valley)
Bacik, Lindsay	Senior	Senior	Pole Vault	Pittsburgh, Pa. (Baldwin)
Barbour, Gabrielle	Junior	Junior	Sprints/Relays	Upper Brookville, N.Y. (St. Anthony's)
Ben-Artzi, Tal	Freshman	Freshman	Multi-Events	Newe Shaanan Hifa, Israel (Tel Aviv Univ.)
Benson, Abbie	Junior	Junior	Distance/XC	Elma, N.Y. (Iroquis)
Black, Shelley	Junior	Jr./Soph.	Sprints/Hurdles/Relays	Laffin, Pa. (James M. Coughlin)
Boyer, Megan	Senior	Senior	Throws	Millersburg, Pa. (Millersburg)
Britton, Evonne	5th Year	Senior	Sprints/Hurdles/Relays	El Paso, Texas (El Paso – Chapin)
Brown, Paige	Freshman	Freshman	Jumps	Princeton Junction, N.J. (W. Windsor-Plainsboro S.)
Casciano, Rachel	Junior	Junior	Distance/XC	Wyomissing, Pa. (Reading Holy Name)
Cianciarulo, Christina	Freshman	Freshman	Sprints/Relays	New Britain, Pa. (Central Bucks South)
Cocco, Gabrielle	Senior	Senior	Distance/XC	West Chester, Pa. (West Chester Rustin/Loyola (Md.))
Couts, Kelsey	5th Year	Outdoor Only	Jumps	Powell, Ohio (Oletangy-Liberty)
Fatherly, Rachel	Sophomore	Sophomore	Throws	Williamsport, Pa. (Williamsport Area)
Gerlach, Tori	Sophomore	Sophomore	Distance/XC	Perkasie, Pa. (Pennridge)
Giannotti, Emily	Senior	Senior	Distance/XC	Coudersport, Pa. (Coudersport)
Gibson, Dannielle	Freshman	Freshman	Jumps	Nassau, Bahamas (St. Augustine's)
Houghton, Audrey	Sophomore	Sophomore	Distance/XC	Purcellville, Va. (Woodgrove)
Howell, Brittney	Senior	Senior	Multi-Events	Wyncote, Pa. (Cheltenham)
Jennings, Kerrin	Junior	Junior	Distance/XC	Glen Mills, Pa. (Padua Academy)
Jones, Mahagony	5th Year	Senior	Sprints/ Relays	Garfield Heights, Ohio (Cleveland Rhodes)
Kemp, Kasey	Sophomore	Soph./Fr.	Pole Vault	Irwin, Pa. (Norwin, Pa.)
Kenney, Lauren	Junior	Junior	Throws	State College, Pa. (State College)
Klebe, Marta	Senior	Senior	Distance/XC	Chesterbrook, Pa. (Conestoga)
Knabe, Erin	Sophomore	Freshman	Pole Vault	Voorhees, N.J. (Voorhees)
Kocjancic, Danielle	Senior	Junior	Distance/XC	Kane, Pa. (Kane Area)
Kocjancic, Julie	Freshman	Freshman	Distance/XC	Pittsburgh, Pa. (Mt. Lebanon)
Kurzdorfer, Melissa	Senior	Senior	Throws	Lancaster, N.Y. (Lancaster)
Leszcynski, Melanie	Junior	Junior	Throws	Audobon, Pa. (Methacton)
Loht, Laura	Senior	Senior	Throws	McClure, Pa. (Indian Valley)
Lopez, Kaitlyn	Sophomore	Sophomore	Jumps	Buffalo, N.Y. (Immaculata Academy)
Mangan, Olivia	Senior	Junior	Throws	Huntington Valley, Pa. (St. Basil Academy)
Masterson, Lexi	Freshman	Freshman	Pole Vault	Jeannette, Pa. (Hempfield Area)
McCoy, India	Freshman	Freshman	Jumps	Ambridge, Pa. (Ambridge Area)
McGee, Dynasty	Junior	Junior	Sprints/ Relays	Flint, Mich. (Ypsilanti)
Mills, Lauren	Junior	Junior	Distance/XC	West Chester, Pa. (Unionville)
Morgan, Erika	5th Year	Outdoor Only	Jumps	Chesapeake, Va. (Western Branch)
Osborne, Megan	Freshman	Freshman	Sprints/Relays	Chillicothe, Ohio (Chillicothe)
Palmer, Sarah	Junior	Junior	Jumps	Gansevoort, N.Y. (Schuylerville)
Perri, Victoria	Senior	Senior	Distance/XC	Philadelphia, Pa. (Mt. St. Joseph Academy)
Porter, Gwenn	Senior	Senior	Distance/XC	Clearfield, Pa. (Clearfield)
Rhodes, Tichina	Freshman	Freshman	Sprints/Relays	Philadelphia, Pa. (Swenson)
Richardson, Ahmenah	Sophomore	Sophomore	Jumps	Philadelphia, Pa. (Milton Hershey)
Ricketts, Marlene	Senior	Senior	Jumps	Westbury, N.Y. (Westbury)
Robinson, Alyssa	Freshman	Freshman	Throws	Saint Clairsville, Ohio (Saint Clairsville)
Rodden, Katie	Junior	Junior	Distance/XC	Radnor, Pa. (Archbishop Carroll)
Seymour, Kiah	Sophomore	Sophomore	Sprints/Hurdles/Relays	Washington, D.C. (Archbishop Carroll)
Shiffler, Natalie	Freshman	Freshman	Jumps	Irwin, Pa. (Hempfield Area)
Simko, Rebekka	Senior	Junior	Distance/XC	Mentor, Ohio (Gilmour Academy)
Ulizio, Cara	Freshman	Freshman	Distance/XC	Redondo Beach, Calif. (Redondo Union)
Underwood, Sarah Jane	Sophomore	Sophomore	Distance/XC	Alexandria, Va. (West Potomac)
Vogel, Meghan	Freshman	Freshman	Distance/XC	West Liberty, Ohio (West Liberty-Salem)



2013-14 WOMEN'S RETURNERS



Leigha
ANDERSON

Junior • Junior
Carlisle, Pa.

DISTANCE • CROSS COUNTRY



Lindsey
BACIK

Senior • Senior
Pittsburgh, Pa.

POLE VAULT

Anderson's Collegiate Personal Bests

	Indoor	Outdoor
1500m	***	4:39.20
Mile	5:01.07	***
3000m	9:43.96	***
5000m	17:46.93	17:49.67

Bacik's Collegiate Personal Bests

	Indoor	Outdoor
Pole Vault	10-11.75 (3.35)	11-0.25 (3.36)

On the National Scene ... || 2012 Cross Country || Placed 180th overall as the Nittany Lion's sixth runner at the NCAA Cross Country Championships ... Earned All-Region status after finishing 20th overall at the NCAA Mid-Atlantic Regional, helping the Nittany Lions to the program's first team title ... Clocked a career-best 21:14 on the Blue-White Course at the Mid-Atlantic Regional.

At the Big Ten Championships ... || 2013 Indoor || Placed 17th in the 3,000 meters, finishing in 9:47.24 – just shy of a lifetime best. **|| 2012 Cross Country** || Assisted in the Nittany Lions' third-place finish in the team standings, placing 31st overall as the Nittany Lions' number-five finisher.

On the Course ... || 2012 Cross Country || Ran a career-best 20:59 for 6,000-meters at the Wisconsin Invitational, finishing 131st in a loaded field ... Highest individual finish was third at the Lock Haven Dolan Duals ... Placed 10th overall at the Harry Groves Spiked Shoe Invitational, helping the Nittany Lions to the team title. **|| 2011 Cross Country** || Ran as Penn State's third finisher at the Harry Groves Spiked Shoe Invitational ... Highest individual finish was 10th at the Lock Haven Dolan Duals ... Also competed at the Notre Dame Invitational and Penn State National.

Around the Track ... || 2013 Outdoor || Competed in three events, with her highest finish coming with a 16th-place effort (4:39.20) in the 1500 at the Alabama Crimson Tide Invitational. **|| 2013 Indoor** || Clocked a lifetime-best 9:43.96 for the 3K at the Penn State National – good for 12th-place overall ... Ran on third-place distance medleys at both the Nittany Lion Challenge and Sykes & Sabock Challenge Cup ... Finished 16th in her section of the 3,000 at the Washington Husky Classic, clocking 9:44.41. **|| 2012 Indoor** || Highest place finish was second in the 3,000 meters at the Penn State Relays, where she clocked a collegian PR 10:13.87 ... Placed 10th in the 5,000 meters at the Penn State National via a PR of 17:46.93 ... Finished ninth in the mile at the Nittany Lion Challenge in 5:01.07. **|| 2011 Outdoor** || Redshirted the 2012 outdoor campaign. **|| High School** || A four-time state qualifier in cross country, Anderson developed an impressive resume during her career at Cumberland Valley, turning in finishes of 11th or better during all four appearances at the PIAA State Championships, including a bronze-medal effort as a junior in 2009. Also a four-time participant at the PIAA Outdoor Track and Field Championships, Anderson boasts a career-best finish of fourth in the 3200-meter run as a junior, clocking a PR of 10:41.11. **|| Personal** || Daughter of Stephen and Deborah Anderson ... Birthday is September 29, 1992 ... Majoring in Labor Studies and Employment Relations ... Older sister, Paige, also competed in the distances for the Nittany Lions.

In the Field ... || 2013 Indoor || Made appearances in four competitions ... Best finish was 11th at the Penn State National. **|| 2012 Outdoor** || Finished sixth at the Jim Thorpe Open, and 11th at the Bison Outdoor Classic. **|| 2012 Indoor** || Placed fourth in the vault at the Penn State Relays and ninth at the Nittany Lion Challenge. **|| 2011 Outdoor** || Competed at the Liberty Invitational, placing second overall ... Placed 10th at the Jim Thorpe Open. **|| 2011 Indoor** || Placed 10th in the pole vault at the Penn State National, and 13th at the Akron Invitational. **|| High School** || Was a three-time PIAA District 7 qualifier in the pole vault, earning a ninth-place standing as a junior ... Won the WPIAL AAA South Section Qualifier as a senior. **|| Personal** || Daughter of David and Amy Bacik ... Birthday is March 16, 1992 ... Majoring in Science.



Gabrielle
BARBOUR

Junior • Junior
Upper Brookville, N.Y.

SPRINTS • RELAYS

Barbour's Collegiate Personal Bests

	Indoor	Outdoor
60m	7.96	***
100m	***	12.58
200m	25.54	25.71

Around the Track ... || 2013 Outdoor || Made appearances in two competitions ... Best finish was a 12th-place effort in the 200 at the Bucknell Team Challenge. **|| 2013 Indoor** || Placed fifth in the 200 at the Nittany Lion Challenge with a PR 25.54 ... Best 60-meter effort was 7.96 at the PSU Relays ... Also competed at the PSU National, and Sykes & Sabock Challenge Cup. **|| 2012 Outdoor** || Finished fourth in the 100 and sixth in the 200 at the Jim Thorpe Open ... Placed sixth in the 100 at the Bucknell Team Challenge ... Also competed at the Bison Outdoor Classic at Bucknell. **|| 2012 Indoor** || Raced in four competitions ... Highest



finish was 14th in the 60 and the 200 at the Nittany Lion Challenge. || **High School** || Placed fourth in the 200-meters, and was a member of St. Anthony's winning 4x100-meter relay at the NSCHSAA Championship this past spring ... Qualified for the NYSPHSAA State Championships in the 55-meters, and also participated in the event at Nike Indoor Nationals in 2010, and New Balance Indoor Nationals in 2011. || **Personal** || Daughter of Richard and Rose Barbour ... Birthday is March 16, 1993 ... Majoring in International Politics and Print Journalism.



Abbie
BENSON
Junior • Junior
Elma, N.Y.
DISTANCE • CROSS COUNTRY

Benson's Collegiate Personal Bests

	Indoor	Outdoor
800m	***	2:19.82
1500m	***	4:30.94
Mile	4:50.80	***
3000m	9:37.81	***
3K Steeple	***	10:26.44

On the National Scene ... || **2013 Outdoor** || Qualified for the NCAA Eastern Preliminary Round in the 3,000-meter steeplechase ... Finished 28th overall. || **2012 Outdoor** || Finished third in the 3,000-meter steeplechase at the USATF Junior Outdoor Championships ... Also competed in the 3,000 meters. || **2011 Cross Country** || Was the lone Penn State freshman to compete on the Nittany Lions' 13th-place squad at the NCAA Cross Country Championships ... Placed 203rd overall at NAAs, finishing at Penn State's sixth runner ... Finished 45th at the NCAA Mid-Atlantic Regional Championships.

At the Big Ten Championships ... || **2013 Outdoor** || Placed 11th overall in the 3,000-meter steeplechase, finishing in 10:30.68. || **2013 Indoor** || Was a member of the Nittany Lions' fifth-place distance medley, which finished in 11:21.39 ... Also competed in the mile run. || **2012 Cross Country** || Finished 55th overall in 21:02 for 6,000-meters. || **2012 Outdoor** || Competed in the steeplechase, placing 25th overall. || **2012 Indoor** || Finished 12th in her preliminary heat of the mile, running a PR 4:54.41. || **2011 Cross Country** || Placed 50th overall in her first-career appearance at the Big Ten Championships.

On the Course ... || **2012 Cross Country** || Turned in a solid sophomore season, with her highest individual finish coming with a fourth-place effort at the Lock Haven Dolan Duals ... Also finished in the Nittany Lion top seven at the Harry Groves Spiked Shoe Invitational, placing 16th overall ... Finished 11th in the "B" race at the Adidas Wisconsin Invitational. || **2011 Cross Country** || Highest individual finish was fifth at the Lock Haven Dolan Duals ... Also recorded appearances at the Roy Griak and Notre Dame Invitationals, as well as the Penn State National.

Around the Track ... || **2013 Outdoor** || Clocked a lifetime-best 10:26.44 in the steeplechase at the Bucknell Bison Outdoor Classic ... Time ranks eighth in the all-time Penn State standings in the event ... Also competed at the Stanford Invitational, finishing 14th in the steeple. || **2013 Indoor** ||

Finished second in the Nittany Lions' inaugural indoor 2K steeplechase at the Sykes & Sabock Challenge Cup ... Ran a personal-best 4:50.80 for the mile at the Penn State National, finishing 12th ... Assisted on third-place DMRS at the Penn State National, and Nittany Lion Challenge ... Posted a lifetime-best 9:37.81 for the 3,000 at the Washington Husky Classic. || **2012 Outdoor** || Clocked a PR 10:35.53 in the steeplechase at Penn Relays ... Finished third in the 1500 at the Jim Click Shootout, running 4:30.94 ... Took second overall in the 1500 at the Bucknell Team Challenge ... Placed fourth in the steeplechase at the Bison Outdoor Classic. || **2012 Indoor** || Was a member of the second-place DMR at the Sykes & Sabock Challenge Cup ... Took fifth in the mile at the Nittany Lion Challenge ... Ran a 3K PR of 9:46.63 at the Flotrack Husky Classic at Washington.

Before Penn State ... || **High School** || Took top honors in the 1500-meters at the N.Y. Section 6 State Qualifier as a senior, and would run a PR 4:34.44 at the N.Y. State Championships in the event ... Was a two-time Section 6 Champion during her senior indoor season, winning both the 1000-meters and 1500 ... Owned PRs of 2:15.69 for the 800-meters, 2:54.10 in the 1000, and 10:29.60 in the 3,000-meters out of high school ... Was also an N.Y. state qualifier in cross country. || **Personal** || Daughter of Mike and Amy Benson ... Born November 18, 1993 ... Majoring in Kinesiology.



Megan
BOYER
Senior • Senior
Millersburg, Pa.
THROWS

Boyer's Collegiate Personal Bests

	Indoor	Outdoor
Javelin	***	141-4 (43.08)

At the Big Ten Championships ... || **2013 Outdoor** || Turned in another conference scoring performance, placing eighth in the javelin with a toss of 136-4 (41.55). || **2012 Outdoor** || Made the javelin final for the second-straight year, thanks to a PR 137-3 (41.84) ... Placed ninth overall. || **2011 Outdoor** || Took fifth in the javelin thanks to a toss of 133-4 (40.63).

In the Field ... || **2013 Outdoor** || Racked up a number of outstanding finishes throughout the 2013 campaign, including a sixth-place finish at the Crimson Tide Invitational, where she posted a PR 141-4 (43.08) ... Finished third at the Bucknell Team Challenge, fourth at the Jim Thorpe Invitational, and fifth at the LSU Battle on the Bayou. || **2012 Outdoor** || Top individual finish was third at the Jim Thopre Open ... Also picked up top 10 finishes at the Bucknell Team Challenge, LSU Invitational, and Jim Click Shootout. || **2011 Outdoor** || Competed in the javelin in three regular season meets, with her highest finish coming with a third-place effort at the George Mason Spring Classic ... Threw 131-7 (40.11) to finish sixth at the Jesse Owens Classic ... Placed fourth at the Jim Thorpe Open. || **High School** || Qualified for the PIAA State Championships as a junior and again as a senior ... Placed fourth in the javelin at the District III Championships as a junior, and improved to third place as a senior. || **Personal** || Daughter of Dave and Janine Boyer ... Born August 18, 1991 ... Has multiple academic citations on her resume, including Big Ten Distinguished Scholar honors in 2012-13 ... Majoring in Human Development and Family Studies.



2013-14 WOMEN'S RETURNERS



Shelley
BLACK

Junior • Junior-Sophomore
Lafin, Pa.

SPRINTS • HURDLES • RELAYS



Evonne
BRITTON

5th Year • Senior
El Paso, Texas

SPRINTS • HURDLES • RELAYS

Black's Collegiate Personal Bests

	Indoor	Outdoor
200m	25.26	25.39
60mH	8.43	***
100mH	***	13.82
400mH	***	59.63

On the National Stage ... || 2013 Outdoor || Earned USTFCCCA Second Team All-America status as a member of the Nittany Lion 4x400-meter relay ... Ran the third leg on the Nittany Lions' 14th-place relay at the NCAA Championships, helping the squad to a finishing time of 3:35.23 ... Qualified for the NCAA Eastern Preliminary Round in the 400-meter hurdles ... 4x400 team would run 3:34.98 at the First Round competition – the third-fastest time in the field.

At the Big Ten Championships ... || 2013 Outdoor || Turned in a pair of scoring finishes, taking fifth in the 400-meter hurdles, individually, and third as a member of the Nittany Lion 4x400 ... Also competed in the 100-meter hurdles, finishing 10th. **|| 2013 Indoor ||** Placed fifth in the 60-meter hurdles with a finishing time of 8.43. **|| 2012 Indoor ||** Placed 11th in the 60-meter hurdles in the Big Ten preliminaries.

Around the Track ... || 2013 Outdoor || Won the 100-meter hurdles at the Jim Thorpe Invitational, to go along with a second-place finish in the 200 ... Was a member of the Lions' season-best 3:33.47 4x400 at Penn Relays, helping the squad to a fourth-place finish in the elite "Championship of America" section ... Also competed in the 100- and 400-meter hurdles at Penn ... Place second in the 100 hurdles and fourth in the 400 hurdles at the Bucknell Team Challenge ... Was third in the 100 hurdles at the Crimson Tide Invitational at Alabama, thanks to a lifetime-best 13.82 ... Was also a member of the winning 4x400 in Tuscaloosa. **|| 2013 Indoor ||** Emerged as one of the Nittany Lions' top hurdlers, finishing second in the event at the Nittany Lion Challenge, third at both the Penn State Relays and Sykes & Sabock Challenge Cup, and fifth at the Penn State National ... Turned in a lifetime-best 25.36 for the 200 at the PSU National ... Also competed at the SPIRE D-I Invitational. **|| 2012 Outdoor ||** Redshirted the outdoor season. **|| 2012 Indoor ||** Placed third in the 60 hurdles in her first collegiate appearance at the Penn State Relays ... Took second in the event at the Nittany Lion Challenge ... Ran a personal-best 8.56 for the hurdles at the Sykes & Sabock Challenge Cup ... Finished 11th at the Penn State National. **|| High School ||** One of the top hurdlers in the high school ranks, placing fourth in the 100-meter hurdles at New Balance High School Nationals with a personal-best 13.63 in 2011 ... Was equally as outstanding at the PIAA State Championships as a senior, picking up victories in the 100- and 300-meter hurdles, to go along with a fourth-place finish in the long jump ... Won state titles in both hurdle races as a junior, and followed up with a second-place finish in the 60-meter hurdles at PTFCA Indoor Championships as a senior ... Ran a personal-best 8.45 in the 60 hurdles to place fourth at the 2011 New Balance Indoor Nationals ... Boasts international experience on her resume, as she was selected to represent the U.S. at the Germany-Japan-USA Trilateral Friendly Indoor Meet as a senior. **|| Personal ||** Daughter of Diane and Ray Black ... Born February 2, 1993 ... Enrolled in Kinesiology.

Britton's Collegiate Personal Bests

	Indoor	Outdoor
60m	7.90	***
200m	24.89	***
400m	56.75	***
60mH	8.20	***
100mH	***	13.06
400mH	***	57.32

On the International Scene ... || 2010 Outdoor || Qualified to represent the United States at the IAAF Junior World Championships in the 100- and 400-meter hurdles ... Won silver-medal honors in the 400 hurdles, and placed sixth in the 100 hurdles ... Ran a personal-best 57.32 in the final.

On the National Stage ... || 2013 Outdoor || Ran 13.09 to finish 18th overall in the stacked 100-meter hurdle field at the USATF Outdoor Championships ... Earned USTFCCCA Second Team All-America status thanks to a 10th-place finish in the 100 hurdles at the NCAA Outdoor Championships ... Clocked a lifetime-best 13.06 at the NCAA meet ... Placed 10th overall in the same event at the NCAA Eastern Preliminary Round ... Also qualified for NCAA Prelims in the 400-meter hurdles. **|| 2012 Outdoor ||** Redshirted the 2012 outdoor season. **|| 2012 Indoor ||** Placed 16th in the 60 hurdles at the NCAA Indoor Championships, earning Second Team All-America honors. **|| 2011 Outdoor ||** Qualified for the NCAA Championships in both the 100- and 400-meter hurdles ... Earned second-team All-America honors in both events, finishing ninth in the 100 hurdles in 13.12 and 17th in the 400 hurdles in 58.09 ... Advanced to the NCAA Championships via a pair of outstanding efforts the NCAA First Round, where she finished sixth overall in the 400 hurdles (57.51) and eighth overall in the 100 hurdles in an PR 13.11 ... Would also compete in both events at the USATF Outdoor Championships, taking 19th in the 400 hurdles, and 21st in the 100 hurdles. **|| 2010 Outdoor ||** Won a Junior National Title in the 400-meter hurdles at the USATF Championships with a finishing time of 57.99 ... Scored a second-place effort in the 100-meter hurdles with a personal-best 13.37 - the fourth-fastest time in PSU History ... Placed 23rd in the 400-meter hurdles at the NCAA Outdoor Championships as one of only five freshman in the field ... Clocked a personal-best 57.61 to finish 12th at the NCAA First Round and advance to the NCAA Championships ... Also competed in the 100-meter hurdles at the NCAA First Round, placing 31st overall.

At the Big Ten Championships ... || 2013 Outdoor || Captured her first career Big Ten crown, finishing first in the 100 hurdles with a wind-assisted 13.13 ... Also turned in scoring finishes in the 400 hurdles and 4x100-meter relay, helping the Nittany Lions to the women's team title. **|| 2012 Indoor ||** Took bronze medal honors in the 60 hurdles with a finishing time of 8.26. **|| 2011 Outdoor ||** Earned a pair of podium finishes, taking second in the 400 hurdles in 57.41, and third in the 100 hurdles in 13.11. **|| 2011 Indoor ||** Ran 8.22 to place fourth in the 60 hurdles ... Also competed in the 60 dash. **|| 2010 Outdoor ||** Turned in a pair of scoring finishes, placing sixth in the 400 hurdles (59.67), and seventh in the 100 hurdles (13.85). **||**

2013-14 WOMEN'S RETURNERS



2010 Indoor || Competed in the 60-meters and 60-meter hurdles.

Around the Track ... || 2013 Outdoor || Started the season with a bang, taking top honors in the 100 hurdles and the 4x100 at the Crimson Tide Invitational ... Scored a trio of third-place efforts at the LSU Battle on the Bayou, taking third in the 100- and 400-hurdles, as well as the 4x100 ... Finished first in the 100 hurdles at the Bucknell Team Challenge. **|| 2012 Indoor** || Ran a personal-best 8.20 to finish third in the hurdles at the Penn State National ... Won the 60 hurdles at the Sykes & Sabock Challenge Cup ... Also picked up a victory at the Nittany Lion Challenge ... Finished second at the Penn State Relays. **|| 2011 Outdoor** || Won the 400 hurdles and took fifth in the 100 hurdles at the Jesse Owens Classic ... Placed second in the quarter hurdles and seventh in the 100s at the Auburn War Eagle Classic ... Took top honors in the 400 hurdles at the George Mason Spring Classic, and finished second in the 100 hurdles. **|| 2011 Indoor** || Took fifth in the 60 hurdles at the Tyson Invitational ... Clocking a PR 8.22 to finish fourth in the hurdles at the Penn State National ... Won the hurdles at the Nittany Lion Challenge and the Sykes-Sabock Challenge Cup, and placed second at the Penn State Relays ... Hurdle PR is tied for the second-best mark in PSU history. **|| 2010 Outdoor** || Ran a personal-best 13.65 to place seventh in the 100 hurdles at the Jesse Owens Classic ... Placed second in the 400 hurdles at the same meet, going 58.79 ... Took seventh in the 400 hurdles at the Sun Angel Classic ... Finished second in the 400 hurdles at the Bucknell Team Challenge ... Ran on first-place 4x400s at the Bucknell Team Challenge and Penn State Open. **|| 2010 Indoor** || Competed in the 200 and 60 hurdles at the Sykes-Sabock. **|| High School** || Won the 100-meter hurdles at the Texas State Meet as a senior, and finished second in the 300-meter hurdles ... Placed fourth in the 300-meter hurdles as a junior in 2008 ... Finished sixth in the 100 hurdles and seventh in the 300 hurdles as a freshman ... Also a letter winner in volleyball and basketball. **|| Personal** || Born July 28, 1991 in Capitol Heights, Texas ... Daughter of Dornase and Edward Britton ... Majoring in Nutrition.

Around the Track ... || 2013 Outdoor || Top finish was a fourth-place standing in the 1500 at the Jim Thorpe Open ... Also raced at the Bison Outdoor Classic and Bucknell Team Challenge. **|| 2012 Outdoor** || Top finish was a third-place effort in the 1500 at the Jim Thorpe Open ... Competed in the 1500 at both the Bison Outdoor Classic and Bucknell Team Challenge. **|| 2012 Indoor** || Was a member of the winning DMR at the Penn State Relays ... Placed sixth in the 1000 at the Nittany Lion Challenge ... Clocking a PR of 5:12.21 for the mile at the Penn State National. **|| High School** || Casciano was a double qualifier at the 2010 PIAA Outdoor Championships, competing in the 1600- and 3200-meters ... Also a state qualifier in cross country ... Placed 18th in the PIAA AA field as a senior, and turned in a third-place finish at the PIAA District III Championships ... Ran 5:04.75 for the 1600, and 11:14.14 for the 3200 as a prep. **|| Personal** || Daughter of Dan and Melanie Cacciano ... Born January 18, 1993 ... Won Big Ten Distinguished Scholar honors in 2012-13 ... Received the SAAB "True Grit" Award after battling back from thyroid cancer ... Majoring in Advertising and Public Relations.



Gabrielle COCCO
Senior • Senior
Allentown, Pa.
DISTANCE • CROSS COUNTRY



Rachel CASCIANO
Junior • Junior
Wyomissing, Pa.
DISTANCE • CROSS COUNTRY

	Indoor	Outdoor
1500m	***	4:34.82
Mile	4:53.97	***
3000m	9:53.43	9:48.47

	Indoor	Outdoor
800m	2:22.34	2:24.00
1000m	2:59.86	***
1500m	***	4:42.70
Mile	5:12.21	***

At the Big Ten Championships ... || 2012 Outdoor || Placed 25th in the prelims of the 1500, thanks to a PR 4:42.70.

On the Course ... || 2012 Cross Country || Competed in two meets, placing 41st overall at the Harry Groves Spiked Shoe, and 35th in the "Open" Race at the Greater Louisville Classic. **|| 2011 Cross Country** || Top individual finish was 18th at the Lock Haven Dolan Duals ... Was Penn State's fifth finisher at the Harry Groves Spiked Shoe Invitational, placing 39th overall.

At the Big Ten Championships ... || 2013 Outdoor || Placed 25th in the 1500 meters. **|| 2013 Indoor** || Finished 14th overall in the mile, clocking a PR 4:53.91 in the preliminary round.

On the Course ... || 2012 Cross Country || Highest finish was 27th overall at the Harry Groves Spiked Shoe Invitational ... Also competed at the Greater Louisville Classic and Adidas Wisconsin Invitational.

Around the Track ... || 2013 Outdoor || Ran 9:48.47 for the 3000 at Penn Relays ... Finished first in the 1500 at the Bucknell Team Challenge ... Clocking a PR 4:34.82 to finish 13th in the 1500 at the Bison Outdoor Classic ... Posted a 12th-place finish at the Crimson Tide Invitational. **|| 2013 Indoor** || Finished second in the mile at the Penn State Relays, and sixth in the event at the Sykes and Sabock Challenge Cup ... Competed in the 3000 at the SPIRE D-I Invitational, finishing in 9:53.43. **|| At Loyola** || Comes to Penn State after competing at Loyola University Maryland. **|| 2012 Outdoor** || An ECAC qualifier in the 3000 ... Scored at the MAAC Outdoor Championships in the 1500, 5000, and 4x800 ... Was a member of the winning 4x800 at the Hopkins/Loyola Invitational ... Ran a PR 9:49.03 in the 3K at Penn Relays. **|| 2012 Indoor** || Scored a fifth-place finish in the mile at the MAAC Indoor Championships ... Was also on the Greyhound's second-place DMR. **|| 2011 Outdoor** || Finished fourth in the 4x800 at the MAAC Championships. **|| High School** || A state qualifier in the 800 as a senior at Allentown Central Catholic. **|| Personal** || Daughter of Mike and Colette Cocco ... Birthday is October 8, 1991 ... Majoring in Journalism.



2013-14 WOMEN'S RETURNERS



Kelsey
COUTS

5th Year • Outdoor Only
Powell, Ohio

HIGH JUMP



Rachel
FATHERLY

Sophomore • Sophomore
Williamsport, Pa.

THROWS

Couts' Collegiate Personal Bests

	Indoor	Outdoor
High Jump	5-8.50 (1.74)	5-8.50 (1.74)

On the National Scene ... || 2011 Outdoor || Qualified for the NCAA First Round, via a personal-best clearance of 5-8.50 (1.74) at Penn Relays.

At the Big Ten Championships ... || 2013 Indoor || Finished 17th in the high jump at the Big Ten Indoor Championships. **|| 2012 Outdoor ||** Took 14th overall in the high jump. **|| 2012 Indoor ||** Finished 12th in the high jump. **|| 2011 Outdoor ||** Took 11th overall in the heptathlon ... Also competed in the open high jump at Big Tens. **|| 2011 Indoor ||** Placed 16th overall in the pentathlon ... Ran a career-best 9.55 for the 60-meter hurdles to start the multi at the conference meet ... Finished 14th in the open high jump. **|| 2010 Indoor ||** Scored an eighth-place finish in the pentathlon with a personal-best total of 3201 ... PR total included individual personal bests in four of the five pentathlon events.

In the Field ... || 2013 Outdoor || Placed third in the high jump at the Bison Outdoor Classic at Bucknell. **|| 2013 Indoor ||** Top finish was a second-place standing at the PSU Relays ... Cleared a season-best 5-8 (1.73) at the Penn State National – finishing sixth ... Placed eighth at the Sykes & Sabock Challenge Cup and SPIRE D-I Invitational. **|| 2012 Outdoor ||** Finished third in the high jump at both the Jim Thorpe Open and Bucknell Team Challenge ... Top clearance of the season was 5-7 (1.70). **|| 2012 Indoor ||** Top individual finish was seventh in the high jump at the Penn State Relays ... Competed in the pentathlon at the PSU National, clearing a career-indoor best 5-8.50 (1.74) in the high jump – the top mark among multi-competitors and fourth-best clearance in school history. **|| 2011 Outdoor ||** Recorded a personal-best total of 4301 to finish fifth in the heptathlon at Penn Relays ... Scored personal-outdoor bests in six of seven events during the Penn multi ... Placed fourth in the high jump at the George Mason Spring Classic. **|| 2011 Indoor ||** Competed in three pentathlons, finishing seventh at the Sykes-Sabock Challenge Cup, 14th at the Penn State National, and 16th at the Big Ten Indoor Championships ... Jumped a collegiate PR of 5-7 (1.70) in the high jump during the pentathlon at the Penn State National ... Season best pentathlon score was 2990 at the Penn State National. **|| 2010 Indoor ||** Highest individual finish was a fifth-place effort in the high jump at the Penn State Relays ... Competed in three pentathlons throughout the season, placing 13th at the Penn State National with a total score of 2921, and fifth at the Sykes-Sabock Challenge Cup with a score of 3013. **|| High School ||** Won the Ohio indoor state high jump title as a junior ... Placed second in the high jump at the OHSAAA Championships as a sophomore and a junior ... Finished 10th in the jump at the 2008 USATF Junior Outdoor Championships. **|| Personal ||** Daughter of Dan and Traci Cousts, and Rick and Cheryl Breusch ... Born November 7, 1990 ... Father, Dan, ran track at Ohio State... Majoring in Journalism-Visual Communications.

Fatherly's Collegiate Personal Bests

	Indoor	Outdoor
Shot Put	49-0.25 (14.94)	49-7.25 (15.12)
Discus	***	160-10 (48.97)
Hammer	***	178-0 (54.26)
20lb Weight	57-5 (17.50)	***

On the National Stage ... || 2013 Outdoor || Impressive among the national junior ranks, qualifying for the USATF Junior Championships in the shot put, discus, and hammer ... Made appearances at the NCAA Eastern Preliminary Round in both the shot put and the discus ... Top finish at First Round was 24th in the shot put.

At the Big Ten Championships ... || 2013 Outdoor || Recorded three outstanding finishes, taking 10th in the discus, and 12th in both the shot put and the hammer ... Posted a lifetime-best 178-0 (54.26) in the hammer at the conference meet, as well as a toss of 49-5 (15.06) in the shot put – just six centimeters off her PR. **|| 2013 Indoor ||** Scored 17th-place finishes in both in the shot and the weight in her first-career conference appearance.

In the Field ... || 2013 Outdoor || Fared extremely well at the Jim Thorpe Open, posting PRs in both the shot put (49-7.25/15.12), and the discus (160-8/48.97) ... Placed third in the “Eastern” shot put at the prestigious Penn Relays Carnival ... Finished second in the shot, discus, and hammer at the Bucknell Team Challenge ... Held her own against national-class competition at the LSU Battle on the Bayou, finishing fourth in the shot, sixth in the hammer, and seventh in the discus. **|| 2013 Indoor ||** Started the year with a bang, finishing third in the weight and fourth in the shot at the Penn State Relays ... Turned in PRs in both the shot and the weight at the SPIRE D-I Invitational, posting performances of 49-0.25 (14.94) in the shot, and 57-5 (17.50) in the weight ... Also earned a pair of top five finishes at the Nittany Lion Challenge, taking third in the shot and fifth in the weight. **|| High School ||** Enjoyed an outstanding finish to her senior year, winning both the shot put and the discus at the PIAA Outdoor Championships, capping an undefeated outdoor season in both events ... Outdoor shot put PR of 47-11.50 was ranked first in the state and 15th in the nation in 2012 ... Was the Penn Relays Champion in the shot put as a senior with a toss of 47-5 ... Placed second at the 2012 PTFCA Indoor State Championships in the shot put and went on to place fourth in the event at New Balance Indoor Nationals ... Finished third in the shot and the discus at the PIAA State Championships as a junior ... Placed second in the “emerging elite” discus at New Balance Outdoor Nationals following her junior year. **|| Personal ||** Daughter of Reginald and Theresa Fatherly ... Birthday is April 20, 1994 ... Majoring in Education.



Emily GIANNOTTI

Senior • Senior
Coudersport, Pa.

DISTANCE • CROSS COUNTRY

Giannotti's Collegiate Personal Bests

	Indoor	Outdoor
Mile	4:57.53	***
3000m	9:50.11	9:38.36
5000m	16:36.18	17:19.17
10,000m	***	34:54.26
3K Steeple	***	10:28.82

On the National Scene ... || **2013 Outdoor** || Qualified for the NCAA Eastern Preliminary Round in the 10,000 meters. || **2012 Cross Country** || Competed in her third-straight NCAA Cross Country Meet, finishing 188th overall and 150th in team scoring ... Earned All-Region status via a 21st place finish at the NCAA Mid-Atlantic Regional Championships ... Ran 21:17 for 6,000-meters on the Blue-White Course at the Regional. || **2012 Outdoor** || Qualified for the NCAA First Round in the steeplechase. || **2011 Cross Country** || Was the Lions' fifth runner at the NCAA Cross Country Championships, finishing 177th overall and 141st in team scoring ... Clocked 21:38 over the 6,000-meter course ... Placed 32nd overall at the NCAA Mid-Atlantic Regional, just shy of all-region status. || **2011 Outdoor** || Placed third in the 3,000-meter steeplechase at the USATF Junior Outdoor Championships. || **2010 Cross Country** || Was the seventh finisher on the Lions' NCAA-qualifying squad ... Placed 48th at the Mid-Atlantic Regional.

At the Big Ten Championships ... || **2013 Outdoor** || Turned in a fifth-place finish in the 10,000-meters, thanks to an impressive home-stretch kick ... Finished in 34:58.91 ... Also competed in the 3,000-meter steeplechase. || **2013 Indoor** || Scored an eighth-place finish in the 5K via a PR 16:36.18. || **2012 Cross Country** || Finished as the Nittany Lions' number six, in 32nd overall – helping the Nittany Lions to a third-place finish ... Ran a season-best 21:05 for 6K at the conference meet. || **2012 Outdoor** || Competed in both the steeplechase and 5000 ... Top finish was 19th in the 5K. || **2012 Indoor** || Clocked a PR of 9:50.11 in the 3000. || **2011 Cross Country** || Earned All-Big Ten Second Team honors following a 14th-place finish ... Was the Lions' third runner on the day, helping the team to a third-place finish ... Finished the 6,000-meter course in 20:44. || **2011 Outdoor** || Finished just shy of scoring at the conference meet, placing 10th in the steeplechase in a near-PR 10:41.32. **On the Course ...** || **2010 Cross Country** || Ran in the Nittany Lion top seven throughout the season ... Highest finish was fourth at the Lock Haven Dolan Duals.

On the Course ... || **2012 Cross Country** || Highest individual finish was 13th at the Harry Groves Spiked Shoe Invitational ... Also finished in the Nittany Lion top seven at the Greater Louisville Classic and Adidas Wisconsin Invitational. || **2011 Cross Country** || Took second place at the Lock Haven Dolan Duals ... Finished 22nd at the Penn State National ... Also competed at the Roy Griak and Notre Dame Invitationals.

Around the Track ... || **2013 Outdoor** || Clocked a PR 34:54.26 for 10,000 meters at the Stanford Invitational ... Now ranks 10th in Penn State history in the event ... Finished fifth in the steeple at the Bison Outdoor Classic ... Finished with a lifetime-best 9:38.36 in the 3K at Penn Relays. || **2013 Indoor** || Won the 5K at the Penn State National (16:44.65) ...

Placed third in Penn State first-ever 2K steeplechase at the Sykes and Sabock Challenge Cup ... Placed sixth in the mile at the Nittany Lion Challenge, running 4:57.53. || **2012 Outdoor** || Turned in a PR 10:28.82 in the steeplechase at Penn Relays ... Finished second in the steeple at the Jim Click Shootout, and third at the Bison Outdoor Classic. || **2012 Indoor** || Ran a PR 17:16.80 in the 5K at the Flotrack Husky Classic at Washington ... Won the unseeded 3K at the Penn State National, finishing in 9:52.99 ... Placed 11th in the mile at the Nittany Lion Challenge. || **2011 Outdoor** || Turned in a personal-best 10:40.77 to finish 13th in the steeplechase at Penn Relays ... Placed second in the steeple at both the George Mason Spring Classic and Jesse Owens Track Classic. || **2011 Indoor** || Top indoor finish was fourth in the 5,000-meters at the Sykes-Sabock Challenge Cup, where she ran a PR 17:41.87 ... Finished ninth in the mile at the Akron Invitational was a collegiate personal-best 5:12.33 .

Before Penn State ... || **High School** || A four-time PIAA qualifier in outdoor track, and two-time entrant at the state cross country meet ... Four-time District 9 Champion in the 3200-meters ... Ran a personal-best 10:43.87 to win the AA 3200-meters at the PIAA Outdoor Championships as a senior ... Placed fourth in the 3,000-meters at the indoor state meet, running 10:11.71 ... Also won the 3K at the Kevin Dare High School Invitational at Penn State as a senior ... Placed sixth at the PIAA AA Cross Country Championships as a senior. || **Personal** || Daughter of Brad and Patty Giannotti ... Birthday is July 12, 1992 ... Has already earned her degree Rehabilitation and Human Services ... Will enter Graduate School this fall.



Audrey HOUGHTON

Sophomore • Sophomore
Purcellville, Va.

DISTANCE • CROSS COUNTRY

Houghton's Collegiate Personal Bests

	Indoor	Outdoor
600m	1:34.23	***
800m	2:15.81	2:15.63

At the Big Ten Championships ... || **2013 Indoor** || Competed in the 600 meters in her first-career Big Ten appearance.

On the Course || **2012 Cross Country** || Competed unattached at the Harry Groves Spiked Shoe Invitational.

Around the Track ... || **2013 Outdoor** || Top finish was second in the 800 at the Jim Thorpe Invitational ... Placed fifth in the 800 at the Bucknell Team Challenge ... Also competed at the Bison Outdoor Classic, and the Crimson Tide Invitational. || **2013 Indoor** || Was a member of the winning 4x800 at the Penn State Relays ... Placed fourth in the 600 at the Nittany Lion Challenge and fifth at the Sykes and Sabock Challenge Cup (1:34.23). || **High School** || Finished second in the 800 at the Virginia AA Championships as a senior ... Won her regional and district meets in the 800 in 2012 ... Was also the state runner-up in the 800 as a junior in 2011 ... Earned a top 25 finish at the Virginia State Cross Country Championships ... Competed in the Foot Locker South Regional in cross country ... Also owns a PR of 57.27 in the open 400. || **Personal** || Daughter of Gretchen and David Houghton ... Birthday is April 12, 1994 ... Enrolled in DUS.



2013-14 WOMEN'S RETURNERS



Tori GERLACH

Sophomore • Sophomore
Perkasie, Pa.

DISTANCE • CROSS COUNTRY



Brittney HOWELL

Senior • Senior
Wyncote, Pa.

MULTI-EVENTS

Gerlach's Collegiate Personal Bests

	Indoor	Outdoor
Mile	5:02.92	***
3000m	9:31.91	9:37.72
5000m	***	16:28.51
Steeple	***	10:48.60

On the National Stage ... || 2013 Outdoor || Qualified for the NCAA Eastern Preliminary Round in the 5,000 meters.

At the Big Ten Championships ... || 2013 Outdoor || Competed in the 5,000 meters, placing 29th. **|| 2013 Indoor ||** Finished 15th overall in the 3K. **|| 2012 Cross Country ||** Made her first conference appearance, as a member of the Nittany Lions' third-place squad at the Big Ten Cross Country Championships.

On the Course || 2012 Cross Country || Had a solid freshman campaign, running in the Nittany Lion top five at the Adidas Wisconsin Invitational ... Finished in 20:52 for 6K at Wisconsin ... Was the Nittany Lions' seventh runner at the Greater Louisville Classic, finishing 58th overall in 17:52 (5K) ... Also competed at the Harry Groves Spiked Shoe.

Around the Track ... || 2013 Outdoor || Finished 16th in her section of the 5,000 at the Stanford Invitational, clocking a lifetime-best 16:28.51 ... Finished sixth in the steeplechase at the Bison Outdoor Classic, posting a PR of 10:32.69 ... Ran 9:37.72 for the 3,000 at Penn Relays. **|| 2013 Indoor ||** Won the mile at the Penn State Relays ... Finished sixth in the 3K at the Penn State National (9:34.61) ... Ran a lifetime-best 9:31.91 in the 3,000 at the Washington Husky Classic. **|| High School ||** A 2011 Foot Locker finalist in cross country ... 2012 PIAA State Champion in the 3200 ... Also placed sixth in the 1600 at the 2012 PIAA meet ... Ran an impressive 9:40.42 in the 3K at Penn Relays as a junior ... Came back to take runner-up honors at Penn as a senior ... Won District I titles in the 1600 and 3200 senior year ... A four-time state qualifier in cross country ... Was the District I cross country champion as a senior, finishing in 17:39 ... Ran the 5K at New Balance Indoor Nationals in 2012, running a PR 17:00.54 to take seventh overall ... Has already enjoyed some success on campus, winning the 3K at the 2012 Kevin Dare Invitational at Ashenfelter Track ... Boasted personal bests of 4:49.85 in the 1600, and 10:24.19 in the 3200 out of high school. **|| Personal ||** Daughter of Dana Menago ... Born June 6, 1992 ... Enrolled in the College of Health and Human Development.

Howell's Collegiate Personal Bests

	Indoor	Outdoor
200m	***	24.71
800m	2:27.13	2:31.24
60mH	8.49	***
100mH	***	13.83
High Jump	5-7.25 (1.71)	5-5.75 (1.67)
Long Jump	19-6.25 (5.95)	19-10.25 (6.05)
Shot Put	37-6.50 (11.44)	37-8.75 (11.50)
Javelin	***	94-3 (28.72)
Pentathlon	3870	***
Heptathlon	***	5093

At the Big Ten Championships ... || 2013 Outdoor || Turned in a sixth-place scoring finish in the heptathlon, thanks to a total score of 5072 – just off her lifetime best ... Posted the top time of the competition in the 100-meter hurdles with a wind-assisted 13.84 ... Recorded a lifetime-best 24.71 in the 200 – the second-best performance of the heptathlon competition ... Would also place 14th in the open 100 hurdles. **|| 2013 Indoor ||** Took seventh in the pentathlon at the conference meet, scoring 3650 points ... Scored a sixth-place finish in the open long jump with a leap of 19-1.25 (5.82). **|| 2012 Outdoor ||** Placed ninth in the heptathlon with a PR 5093. **|| 2012 Indoor ||** Placed fifth in the pentathlon, thanks to a personal-best 3870 ... Record the top long jump in the heptathlon competition with a leap of 18-6.75 (5.66) ... Also competed in the open long jump, placing 16th. **|| 2011 Outdoor ||** Competed in the heptathlon and open long jump at the conference meet, clearing a season-best 5-4.50 (1.64) in the heptathlon high jump ... Also turned in a collegiate-outdoor best 18-5.25 (5.62) in the open long jump, placing 10th overall. **|| 2011 Indoor ||** Had a busy afternoon at her first conference meet, turning in a sixth-place finish in the pentathlon, and following up with a fifth-place effort in the long jump ... Scored a personal-best 3509 in the pentathlon at the conference meet ... Also competed in the open 60-meter hurdles.

In the Field ... || 2013 Outdoor || Took top honors in the heptathlon at the prestigious Penn Relays Carnival with a total score of 5084 ... Turned in a lifetime-best 19-10.25 (6.05) in the long jump at the Jim Thorpe Open ... Placed sixth in the long jump at the LSU Battle on the Bayou, and eighth in the 100 hurdles ... Finished with a lifetime-best 13.83 in the 100 hurdles at the Crimson Tide Invitational – good for fourth place ... Was also a member of the winning 4x100 at Alabama. **|| 2013 Indoor ||** Finished fifth in the pentathlon at the SPIRE D-I Invitational ... Also turned in a personal indoor best 19-6.25 (5.95) in the long jump at SPIRE ... Won the pentathlon at the PSU National, thanks to a season-best total of 3851 ... Cleared a lifetime-best 5-7.25 (1.71) in the high jump during the event ... Finished fourth in the 60 hurdles at the Sykes & Sabock Challenge Cup with a lifetime-best 8.49 ... Won the hurdles at the Nittany Lion Challenge, finishing in 8.62. **|| 2012 Outdoor ||** Scored 4939 to finish 15th in the heptathlon at the Jim Click Shootout ... Won the 100 hurdles at the Jim Thorpe Open. **|| 2012 Indoor ||** Won the long jump at the Penn State Relays ... Placed second in the pentathlon at the Penn State National with a total



of 3663 points ... Would also finish second in the multi at Sykes & Sabock, finishing with 3778 points ... Top long jump of the season was 19-3.25 (5.87), which was good for eighth place at the Tyson Invitational. || **2011 Outdoor** || Totaled a PR 4604 to finish third at the Penn Relays heptathlon ... Scored the best marks in the competition in both the 200 (25.78) and 100 hurdles (14.66) ... Finished fifth in the 100 hurdles and the long jump at the George Mason Spring Invitational ... Highest individual finish was a second-place effort in the long jump at the Jim Thorpe Invitational. || **2011 Indoor** || Placed third in the pentathlon at the Sykes-Sabock Challenge Cup with a score of 3358 ... Totaled 3326 points to finish sixth in her first-career pentathlon at the Penn State National ... Turned in a collegiate indoor-best 18-10 (5.74) to place 12th in the open long jump at the PSU National ... Also clocked an indoor PR 8.87 for the 60 hurdles during the pentathlon at the PSU National.

In the Field ... || **2012 Outdoor** || Scored 4939 to finish 15th in the heptathlon at the Jim Click Shootout ... Won the 100 hurdles at the Jim Thorpe Open. || **2012 Indoor** || Won the long jump at the Penn State Relays ... Placed second in the pentathlon at the Penn State National with a total of 3663 points ... Would also finish second in the multi at Sykes & Sabock, finishing with 3778 points ... Top long jump of the season was 19-3.25 (5.87), which was good for eighth place at the Tyson Invitational. || **2011 Outdoor** || Totaled a PR 4604 to finish third at the Penn Relays heptathlon ... Scored the best marks in the competition in both the 200 (25.78) and 100 hurdles (14.66) ... Finished fifth in the 100 hurdles and the long jump at the George Mason Spring Invitational ... Highest individual finish was a second-place effort in the long jump at the Jim Thorpe Invitational. || **2011 Indoor** || Placed third in the pentathlon at the Sykes-Sabock Challenge Cup with a score of 3358 ... Totaled 3326 points to finish sixth in her first-career pentathlon at the Penn State National ... Turned in a collegiate indoor-best 18-10 (5.74) to place 12th in the open long jump at the PSU National ... Also clocked an indoor PR 8.87 for the 60 hurdles during the pentathlon at the PSU National. || **High School** || Won the indoor state title in the long jump and placed third in the 60-meter hurdles as a senior ... Went on to take runner-up honors at the 2010 PIAA Outdoor Championships ... 2009 PTFCA Indoor State Champion in the long jump, before earning runner-up honors in the event at the 2009 PIAA AAA State Championships with a leap of 18-9.50, to go along with fifth-place effort in the girls' 100-meter hurdles. || **Personal** || Birthday is September 1, 1992 ... Daughter of Rosemarie Hoslyn ... Majoring in Rehabilitation and Human Services.

in the 200 with a lifetime all-conditions best 23.05 ... Took 16th in the 100 with a wind-assisted 11.40, and was a member of the Lions' 14th-place 4x400 (3:35.23) ... Earned her NCAA bids thanks to outstanding performances at the NCAA Eastern Preliminary Round, where she posted efforts of 11.33 and 11.30 in 100 qualifying, as well as a PR 23.19 in the 200 preliminaries ... Helped the Lions to a heat victory in the 4x400 ... The team finished in 3:34.98 – the third-fastest time at Eastern Preliminaries ... Was named USTFCCA Women's Mid-Atlantic Track Athlete of the Year. || **2013 Indoor** || Earned Second Team All-America status via a 13th-place finish in the 200 at the NCAA Indoor Championships ... Ran 23.60 in the prelims – just shy of a spot in the final. || **2012 Outdoor** || Served as the alternate on the Nittany Lions' NCAA-qualifying 4x400.

At the Big Ten Championships ... || **2013 Outdoor** || Enjoyed a sensational weekend at the Big Ten Outdoor Championships, highlighted by an individual victory in the 100 to help her team to the Big Ten Outdoor title ... Finished second in the 200, thanks to a finishing time of 23.37 ... Also assisted on both relays, helping the Nittany Lions to a third-place standing in the 4x400, and the fifth-place showing in the 4x100. || **2013 Indoor** || Turned in a pair of scoring finishes individually, including a silver-medal effort in the 60 (7.42) ... Also finished fourth in the 200, clocking 23.56 ... Clocking the fastest 200 time of the preliminary round, going 23.47 – a lifetime indoor best. || **2012 Outdoor** || Competed in the 100 and 200 meters. || **2012 Indoor** || Was a member of the Lions' second-place 4x400 (3:35.80) ... Placed fourth overall in the 200 (23.75). || **2011 Outdoor** || Competed in the 100-meter dash, finishing 17th overall. || **2011 Indoor** || Raced the 60- and 200-meters, placing 22nd in both events.

Around the Track ... || **2013 Outdoor** || Impressed against a national-class field at the LSU Battle on the Bayou by winning the 100 and placing second in the 200 ... Won the 100 at the Jim Thorpe Invitational ... Ran the second leg on the Lions' season-best 4x400 (3:33.47) at Penn Relays, which was good for a fourth-place finish in the elite "Championship of America" final ... Assisted on the winning 4x100 and 4x400 at the Crimson Tide Invitational, while also finishing second in the 400 with a PR 54.23. || **2013 Indoor** || Was a three-event winner at the Penn State Relays, picking up victories in the 60, 4x200, and 4x400 ... The 4x200 set a school record 1:37.25 in the effort ... Picked up another pair of victories at the Nittany Lion Challenge, notching gold medal honors in the 60 and 400 ... Ran 23.71 to win the 200 at the PSU National ... Was named John Lucas Athlete of the Meet at the Sykes & Sabock Challenge Cup following victories in the 60, 200, and 4x400. || **2012 Outdoor** || Placed third in the 100 at the Jim Thorpe Open. || **2012 Indoor** || Emerged as one of the squad's top sprint stars, starting the season with wins in the 60, 200, and 4x400 at the Penn State Relays ... Earned Big Ten Athlete of the Week honors for her performance ... Won the 60 at the Nittany Lion Challenge ... Also won the 60, 200, and 4x400 at the Sykes & Sabock Challenge Cup ... PR of 7.41 is third-fastest time on the all-time Penn State standings, while her 200 (23.68) ranks fifth. || **2011 Outdoor** || Placed third in the 400 at the Jim Thorpe Open in a collegiate-outdoor best 57.82 ... Took sixth in the 200 at Jim Thorpe, via a season-best 24.76 ... Also competed at the Auburn War Eagle Invitational, and Jesse Owens Classic. || **2011 Indoor** || Placed second in both the 60 (7.60) and 200 (24.38) at the Penn State Relays - collegiate personal bests in both events ... Took third in the 200 (24.40) and ninth in the 60 at the Nittany Lion Challenge ... Ran on winning 4x400-meter relays at both the Penn State Relays and Nittany Lion Challenge ... Placed 13th in the 200 at the Sykes-Sabock Challenge Cup. || **2010 Outdoor** || Competed unattached at the Penn State Open, placing fourth in both the 100 and 200-meters, running 12.17 in the 100, and 24.52 in the 200. || **High School** || Indoor state champion in the 60, 200, and 400-meters as a senior ... Won District titles in the 100, 200, and 400, and posted Regional wins in the 100 and 400 ... Took top honors in the 100 and 400 at the Mid-West Meet of Champions against competition from Michigan, Indiana, and Ohio ... Runner-up in the 100 and bronze medalist in the 400 at the Ohio State meet ... Placed sixth in the 100 and 400 at Nike Outdoor Nationals. || **Personal** || Daughter of Robyn Davis ... Born December 20, 1990 in Dayton, Ohio ... Majoring in Health Policy Administration.



Mahagony JONES

5th Year • Senior
Cleveland, Ohio

SPRINTS • RELAYS

Jones' Collegiate Personal Bests

	Indoor	Outdoor
60m	7.38	***
100m	***	11.30w
200m	23.47	23.05w
400m	54.32	54.23

On the National Stage ... || **2013 Outdoor** || Emerged as one of the nation's rising sprint stars, finishing with a trio of Second Team All-America citations at the NCAA Outdoor Championships ... Finished 10th



2013-14 WOMEN'S RETURNERS



Kerrin
JENNINGS

Junior • Junior
Glen Mills, Pa.

DISTANCE • CROSS COUNTRY



Lauren
KENNEY

Junior • Junior
State College, Pa.

THROWS

Jennings' Collegiate Personal Bests

	Indoor	Outdoor
1500m	***	4:41.03
Mile	4:58.91	***
5000m	***	17:04.88

Kenney's Collegiate Personal Bests

	Indoor	Outdoor
Javelin	***	177-3 (54.02)

At the Big Ten Championships ... || 2013 Indoor || Clocked a personal-best 4:58.91 for the mile in her first-career Big Ten appearance ... Placed 20th overall in the event.

On the Course ... || 2012 Cross Country || Raced in three competitions with her highest finish coming with a sixth-place effort at the Lock Haven Dolan Duals ... Placed 40th in the "Open" Race at the Greater Louisville Classic. || **2011 Cross Country** || Competed in three races, with her highest finish coming with a 16th-place showing at the Lock Haven Dolan Duals ... Was the Lions' fourth finish at the Harry Groves Spiked Shoe Invitational, placing 35th overall.

Around the Track ... || 2013 Outdoor || Ran a personal-best 17:04.88 to finish eighth in the 5,000 meters at the Bison Outdoor Classic ... Won the 800 at the Jim Thorpe Open ... Also competed at Penn Relays, and the Crimson Tide Invitational at Alabama. || **2013 Indoor** || Was a member of the winning distance medley at the Nittany Lion Challenge ... Placed fifth in the mile at the Penn State Relays. || **2012 Outdoor** || Redshirted the outdoor season, but competed unattached at the Bison Outdoor Classic, turning in a PR 4:42.22 for the 1500. || **2012 Indoor** || Top finish was second in the 1000 at the Penn State Relays ... Scored top 10 finishes in the mile at the PSU National and Akron Invitational. || **High School** || Jennings turned in an outstanding weekend at the Delaware (DIAA) State Championships as a senior, scoring podium finishes in the 800- and 1600-meters, and running on the second-place 4x800-meter relay. She would go on to place sixth in the 1600 at the DIAA Meet of Champions during her senior campaign. During the 2011 indoor season, Jennings placed fourth in the 1600, sixth in the 3200, and ran on second-place squads in both the 4x400-meters and 4x800. As a junior, Jennings ran a PR 5:04.18 to take runner-up honors at the Delaware Meet of Champions. || **Personal** || Daughter of Joe and Trish Jennings ... Born March 17, 1991 ... Majoring in Advertising and Public Relations.

On the National Stage ... || 2013 Outdoor || Placed fifth at the NCAA Outdoor Championships, earning her second-straight USTFCCCA First Team All-America citation ... Launched a PR of 177-3 (54.02) at the NCAA Eastern Preliminary Round – the best toss of the competition ... Qualified for the USATF Senior Championships. || **2012 Outdoor** || Launched a PR 167-10 (51.17) on her first attempt in the javelin at the NCAA Championships to finish fourth overall and earn USTFCCCA First Team All-America standing ... Was the top finisher in the javelin at the NCAA Eastern Preliminary Round with a toss of 162-10 (49.65) ... Won the Penn Relays title with a throw of 162-1 (48.99) for her second-straight victory at Penn, after winning as a prep in 2011 ... Was also a USTFCCCA All-Academic selection.

At the Big Ten Championships ... || 2013 Outdoor || Captured top honors at the Big Ten Championships, leading a one-two Nittany Lion sweep with teammate Laura Loht in second ... Threw 173-10 (52.98) in the victory. || **2012 Outdoor** || Took runner-up and All-Big Ten Second Team honors in her first conference appearance ... Posted a throw of 159-4 (48.57) to finish second to teammate Laura Loht and complete the Penn State sweep.

In the Field ... || 2013 Outdoor || Notched victories in three regular season competitions, including the Crimson Tide Invitational, LSU Battle on the Bayou, and the Jim Thorpe Open ... Opened the season in style with a then lifetime-best 176-11 (53.93) at the Crimson Tide Invitational ... Was named Big Ten Athlete of the Week following her performance at Alabama. || **2012 Outdoor** || Wasted no time in making an impact on the collegiate scene, finishing no less than second during the regular season ... Won the javelin at the Bucknell Team Challenge, Penn Relays, and Jim Thorpe Open ... Placed second at the Jim Click Shootout and LSU Invitational. || **High School** || One of the top-ranked throwers on the East Coast and across the country as a high schooler ... Owned a PR of 156-2 in the javelin, which was the sixth-best mark in the country in 2011 ... Picked up wins at the PIAA AAA State Championships, and the PIAA District VI Championships, as well as a victory against a national-class field at the prestigious Penn Relays as a senior ... Record third-place efforts at the state meet during her sophomore and junior seasons, before taking top honors as a senior ... Placed 10th at the USATF Junior Championships in 2011. || **Personal** || Born September 7, 1992 ... Daughter of Patti and Larry Kenney ... Majoring in Kinesiology ... Brother, Alex, is a member of the Nittany Lion football team.



Kasey KEMP

Sophomore • Freshman
Irwin, Pa.

POLE VAULT

Kemp's Collegiate Personal Bests

	Indoor	Outdoor
Pole Vault	11-1.75 (3.40)	***

In the Field ... || **2013 Outdoor** || Redshirted the outdoor season. || **2013 Indoor** || Picked up a victory in her first collegiate competition, taking the pole vault at the Penn State Relays ... Placed fourth at the Nittany Lion Challenge. || **High School** || Cleared 12-6 to finish second at the PIAA Outdoor Championships ... Also took second at the District 7 Championships and WPIAL AAA Central Section Qualifier ... Topped out at 12-0 to win the PIAA AAA Outdoor Championship as a junior, before going on to place 13th overall in the vault at New Balance Outdoor Nationals. || **Personal** || Daughter of Ed and Alice Kemp ... Born May 4, 1994 ... Enrolled in the College of Health and Human Development.



Marta KLEBE

Senior • Senior
Chesterbrook, Pa.

MID-DISTANCE • CROSS COUNTRY

Klebe's Collegiate Personal Bests

	Indoor	Outdoor
600m	1:34.53	
800m	2:09.71	2:07.32
1000m	2:52.25	***
1500m	***	4:21.37
Mile	4:50.81	***
DMR	***	11:08.41*

On the National Scene ... || **2013 Outdoor** || Clocked a PR 4:21.37 for the 1500 meters at the NCAA Eastern Preliminary Round ... Finished 26th overall – just short of advancing to the next round.

At the Big Ten Championships ... || **2013 Outdoor** || Enjoyed a breakout performance at the Big Ten Outdoor Championships, finishing second in the 1500 meters, thanks to a time of 4:21.51. || **2013 Indoor** || Assisted on the Nittany Lions' fifth-place DMR, which clocked 11:21.39. || **2012**

Outdoor || Finished just a spot shy of the Big Ten 1500 final, placing 13th in the preliminaries with a time of 4:30.13. || **2012 Indoor** || Earned a trip to the Big Ten medal stand as a part of the Nittany Lions' third-place DMR (11:18.96).

On the Course ... || **2012 Cross Country** || Raced in four competitions on the season, finishing fifth at the Lock Haven Dolan Duals ... Scored a top 20 finish in the "Open" Race at the Adidas Wisconsin Invitational, placing 15th overall in 21:19 ... Finished ninth in the "Open" Race at the Greater Louisville Classic. || **2011 Cross Country** || Competed in four competitions for the Nittany Lions, with her highest place finish coming with a 12th-place effort at the Lock Haven Dolan Duals ... Finished as Penn State's second runner at the Harry Groves Spiked Shoe, coming in 27th ... Also competed at the Notre Dame Invitational and Penn State National. || **2010 Cross Country** || Ran in four races as a freshman, making the travel squad for the Notre Dame Invitational ... Finished 11th at the Lock Haven Dolan Duals.

Around the Track ... || **2013 Outdoor** || Led off the Nittany Lions' sixth place DMR at Penn Relays (11:17.53) ... Took top honors at the Bison Outdoor Classic, winning the 1500 in 4:22.71 ... Placed third in the 800 at the Alabama Crimson Tide Invitational, finishing in a PR 2:07.32. || **2013 Indoor** || Ran a personal indoor-best 2:09.71 to place third in her section of the 800 at the Washington Husky Classic ... Won the 1000 at the Nittany Lion Challenge with a PR 2:52.25 ... Placed second in the mile at the Sykes and Sabock Challenge Cup, running 4:50.81. || **2012 Outdoor** || Ran the 800 leg on Penn State's school record DMR at Penn Relays (11:08.41) ... Also competed on the Lions' 4x800 and Sprint Medley at Penn ... Recorded a lifetime-best 2:10.08 in the 800 at the LSU Battle on the Bayou ... Clocked 2:11.84 for the 800 to pick up a victory at the Auburn War Eagle Classic ... Was on the winning 4x800 at the Bison Outdoor Classic, while also clocked a PR 4:27.88 for the 1500 at the same meet. || **2012 Indoor** || Ran on the second-place DMR and finished fourth individually in the 600 at the Sykes & Sabock Challenge Cup ... Was a member of the winning 4x800 at the Penn State Relays ... Finished fourth in the 1000 at the Nittany Lion Challenge with a PR 2:52.76 ... Clocked an indoor 800 PR at the Penn State National (2:11.22). || **2011 Outdoor** || Ran a season-best 800 to finish fourth at the Jim Thorpe Invitational (2:13.66) ... Also competed at the Jesse Owens Track Classic and Mason Spring Invitational. || **2011 Indoor** || Was a member of the winning 4x800 at the Penn State Relays. || **High School** || Placed fourth in the 800-meters at the 2010 PFTCA Indoor Championships ... Was seventh at the state indoor meet as a junior and eighth as a sophomore ... Won the 800 at the Kevin Dare High School Invitational at Penn State as a junior ... Personal best in the 800 is 2:14.72 ... Also ran the short sprints in high school, competing in the 100-, 200-, and 400-meters. || **Personal** || Daughter of Chris and Donna Klebe ... Born November 10, 1991 ... Majoring in Supply Chain and Information Systems.



2013-14 WOMEN'S RETURNERS



Melissa KURZDORFER

Senior • Senior
Lancaster, N.Y.

THROWS

Kurzdorfer's Collegiate Personal Bests

	Indoor	Outdoor
Shot Put	51-6.50 (15.71)	50-3.25 (15.32)
20-lb Weight	64-10.50 (1.9.77)	***
Discus	***	172-5 (52.56)
Hammer	***	207-10 (63.35)

On the National Stage ... || 2013 Outdoor || Qualified for the NCAA Outdoor Championships in both the hammer and the discus, bringing home Honorable Mention All-America finishes in both events ... Took seventh in the hammer, and 12th in the discus at the NCAA Eastern Preliminary Round to advance championship competition. **|| 2012 Outdoor ||** Posted the second-best hammer mark at the NCAA Eastern Preliminary, thanks to a PR 207-10 (63.35) ... Earned Second Team All-America honors for the second straight year, finishing 12th in the hammer at the NCAA Outdoor Championships ... Won the Penn Relays title in the hammer with a toss of 205-2 (62.53).

At the Big Ten Championships ... || 2013 Outdoor || Turned in a pair of scoring finishes, including a runner-up effort in the hammer – her second-straight silver-medal finish in the event at the conference meet ... Also scored an eighth-place finish in the shot put ... Also made the discus final, where she placed ninth overall. **|| 2013 Indoor ||** Scored a fifth-place finish in the weight, and sixth-place finish in the shot ... Posted a lifetime-best toss of 51-6.50 (15.71) in the shot at the conference meet. **|| 2012 Outdoor ||** Took runner-up honors in the hammer with a then-PR 207-9 (63.33) ... Also scored a seventh-place finish in the discus with a season-best 165-9 (50.53). **|| 2012 Indoor ||** Finished eighth in the 20-lb weight with a throw of 63-7.75 (19.40) ... Also finished 11th in the shot put.

In the Field ... || 2013 Outdoor || Opened the season with a victory in the hammer at the Crimson Tide Invitational ... Took third in both the discus and the shot put against stellar competition at the LSU Battle on the Bayou ... Also picked up hammer victories at the Bucknell Team Challenge and Jim Thorpe Invitational during the regular season ... Finished second in the discus at Penn Relays, thanks to a season-best toss of 166-9 (50.82) ... Also posted a lifetime-outdoor best 50-3.25 (15.32) in the shot at Penn. **|| 2013 Indoor ||** Kicked off the season with a victory in the weight throw at the Penn State Relays ... Also placed second in the shot at the same competition ... Also won the weight at the Nittany Lion Challenge, and the Sykes & Sabock Challenge Cup ... Placed third in the event at the PSU National ... Finished fourth in the shot and sixth in the weight at the SPIRE D-I Invitational. **|| 2012 Outdoor ||** Enjoyed a stellar outdoor season, picking up hammer victories at the Bison Outdoor Classic, Bucknell Team Challenge, Jim Thorpe Open and Penn Relays ... Placed third in the hammer at the LSU Invitational, and finished as the top collegian at the Jim Click Shootout ... Top shot put finish was a third-place effort at the Jim Click Shootout, where she also threw a season-best 48-2 (14.68) ... Was a Big Ten Athlete of the Week winner during the season. **|| 2012 Indoor ||** Posted PRs in the shot and weight to win both events at the Penn State National with throws of 50-2 (15.29) in the shot, and 64-10.50 (19.77) in the weight ... Won the weight at the Penn State Relays in her first Nittany Lion appearance ... Also finished third in the shot at the Relays ... Collected a

pair of second-place finishes at the Nittany Lion Challenge ... Also won the weight at the Sykes & Sabock Challenge Cup. **|| Kent State ||** Enjoyed a banner freshman campaign with the Golden Flashes, qualifying for the NCAA Outdoor Championships in the hammer throw, where she would finish 12th overall and garner second-team All-America status ... Had a sensational weekend at the MAC Outdoor Championships, taking second in the hammer, third in the discus, and fourth in the shot ... Also enjoyed personal collegiate bests in all three events at the conference meet, with efforts of 199-4 (60.76) in the hammer, 172-5 (52.56) in the discus, and 49-1 (14.96) in the shot put ... Was just as successful indoors, placing second in the weight throw ... Threw a personal-best 63-9.50 (19.44) in the weight at the Penn State National, placing third in the competition ... Picked up weight victories during the indoor season at the Akron vs Kent State Dual and Kent State Tune-Up ... PR throw in the weight ranked fourth nationally among Division I freshmen in 2011. **|| High School ||** One of the most decorated athletes in New York high school history, totaling 21 state titles throughout her career at Lancaster High School ... Ranked number one in the nation during her senior indoor season with a toss of 50-6, which is also a N.Y. state record ... Threw 61-4 to win the 20-pound weight at Nike Indoor Nationals in 2010 - the second-best throw by a prep on the year ... Also won the shot at Nike Indoor as a senior ... Holds state records in the indoor and outdoor shot put (49-9.50), as well as unofficial state records in the weight and hammer (192-8). **|| Personal ||** Daughter of Mike and Mary Anne ... Birthday is December 30, 1991 ... Majoring in Health Policy Administration.



Danielle KOCJANCIC

Senior • Senior
Kane, Pa.

DISTANCE • CROSS COUNTRY

Kocjancic's Collegiate Personal Bests

	Indoor	Outdoor
1500m	***	4:49.17
Mile	5:04.75	***
3000m	10:07.92	10:23.16
5000m	***	17:51.47

On the Course ... || 2012 Cross Country || Ran in two competitions, finishing 10th overall at the Lock Haven Dolan Duals. **|| 2011 Cross Country ||** Competed in three races as a sophomore, earning a 23rd-place finish at the Lock Haven Dolan Duals.

Around the Track ... || 2013 Outdoor || Won the 3,000 meters at the Bucknell Team Challenge (10:23.16) ... Finished with a seventh-place standing in the 1500 at the Jim Thorpe Open. **|| 2013 Indoor ||** Finished 15th in the 3,000 at the Penn State National ... Also competed at the Sykes and Sabock Challenge Cup and at the SPIRE D-I Invitational. **|| 2012 Outdoor ||** Placed fourth in the 1500 at the Jim Thorpe Open in 4:49.17 ... Ran 17:51.47 for the 5000 at the Bison Outdoor Classic. **|| 2012 Indoor ||** Clocked 5:04.75 for the mile at the Sykes & Sabock Challenge Cup ... Placed third in the 3000 at the Penn State Relays ... Ran a PR 10:07.92 in the 3K at the Akron Invitational. **|| High School ||** A three-time Pennsylvania state qualifier in outdoor track, and a two-time qualifier in cross country ... Placed ninth in the 1600-meters at the PIAA AA Championships as a senior ... District 9 Cross Country Champion as

2013-14 WOMEN'S RETURNERS



a sophomore, and again as a junior ... Top state cross country finish was a seventh-place effort during junior year ... Took second in both the 1600 and 3200-meters at the District 9 Championships as a senior ... Highest PIAA finish in track was fourth in the 1600 as a sophomore, when she clocked a PR 5:06.56. || **Personal** || Daughter of Ed and Carol Kocjancic ... Born May 8, 1992 ... Currently enrolled in the Communication Sciences and Disorders.



Laura LOHT
Senior • Senior
McClure, Pa.
THROWS

Loht's Collegiate Personal Bests		
	Indoor	Outdoor
Javelin	***	177-8 (54.15)

On the National Stage ... || 2013 Outdoor || Turned in a lifetime-best 177-8 (54.15) en route to a fifth-place finish in the javelin at the USATF Senior Championships ... Her PR throw was eighth-best among Americans in 2013 ... Nabbed her second-straight USTFCCA First Team All-America finish in the javelin, taking fourth overall with a toss of 176-9 (53.88) ... Qualified for the NCAA Championships via a toss of 169-6 (51.66) at the NCAA Eastern Preliminary Round ... Her performance was the third-fastest mark in qualifying ... Won the Penn Relays javelin title, marking her second-career win at Penn after winning the event as a high school senior. || **2012 Outdoor** || Qualified for the javelin at the US Olympic Trials, where she finished 16th overall with a throw of 160-7 (48.69) ... Captured bronze-medal and First Team All-America honors at the NCAA Outdoor Championships, thanks to a personal-best throw of 169-4 (51.62). || **2011 Outdoor** || Earned Second-Team All-America honors with a 15th-place finish in the javelin with a toss of 152-4 (46.44) ... Finished second overall at the NCAA First Round, thanks to a career-best effort of 161-3 (49.14), which also ranks sixth in the PSU record books ... Threw 150-8 (45.94) to place fourth at the USATF Junior Championships.

At the Big Ten Championships ... || 2013 Outdoor || Scored her third-straight podium finish in the javelin, taking runner up honors with a toss of 168-9 (51.44) ... Earned Second-Team All-Big Ten status in the effort. || **2012 Outdoor** || Topped the podium at the Big Ten Championships in dramatic fashion, winning the javelin on her final attempt with a throw of 160-11 (49.05). || **2011 Outdoor** || Finished third in the javelin in her first-career appearance at the Big Ten Championships with an effort of 141-0 (42.97).

In the Field ... || 2013 Outdoor || Finished no lower than second in every regular season competition, picking up wins at Penn Relays and the Bucknell Team Challenge ... Earned runner-up status at the Crimson Tide Invitational, LSU Battle on the Bayou, and the Jim Thorpe Open. || **2012 Outdoor** || Started the season on a roll with wins at the Jim Click Shootout and LSU Invitational ... Placed third at Penn Relays and the Bucknell Team Challenge ... Finished second at the Jim Thorpe Open. || **2011 Outdoor** || Enjoyed a solid start to her freshman campaign, finishing third at Florida Relays with a throw of 151-5 (46.15) ... Recorded third-place finishes at Penn Relays, the Auburn War Eagle Invitational, and the Jim Thorpe Open ... Finished fourth at the Jesse Owens Classic.

Before Penn State ... || High School || Won the PIAA AAA javelin title as a sophomore and again as a senior ... Personal-best 157-2 was a top

10 effort in the prep ranks in 2010 ... Won the javelin at Penn Relays with a toss of 148-1. || **Personal** || Daughter of Randy and Joann Loht ... Majoring in Kinesiology ... Birthday is June 30, 1992.



Melanie LESZCYNSKI
Junior • Junior
Audobon, Pa.
THROWS

Leszcynski's Collegiate Personal Bests		
	Indoor	Outdoor
Javelin	***	143-11 (43.87)

On the National Scene ... || 2013 Outdoor || Qualified for the NCAA Eastern Preliminary Round in the javelin.

At the Big Ten Championships ... || 2013 Outdoor || Scored a fifth-place finish in the javelin, thanks to a lifetime-best 143-11 (43.87).

In the Field ... || 2013 Outdoor || Best finish was a second-place effort at the Bison Outdoor Classic ... Finished third at the Jim Thorpe Open, and fourth at the Bucknell Team Challenge. || **2012 Outdoor** || Top finish was fourth in the javelin at the Jim Click Shootout ... Turned in a PR 133-5 (40.66) to finish ninth at the Bison Outdoor Classic ... Finished sixth at Jim Thorpe. || **High School** || District 1 Champion in the javelin as a senior, and qualified for the PIAA State Championships, where she finished ninth overall ... Pioneer Athletic Conference Champion as a senior, and finished 16th in an outstanding field at Penn Relays ... A four-time PIAA qualifier. || **Personal** || Born December 25, 1992 ... Daughter of Ted and Jackie Leszcynski ... Majoring in Marketing.



2013-14 WOMEN'S RETURNERS



Kaitlyn
LOPEZ

Sophomore • Sophomore
Buffalo, N.Y.

JUMPS

Lopez' Collegiate Personal Bests

	Indoor	Outdoor
Long Jump	18-6 (5.64)	18-8 (5.69)
Triple Jump	38-8.25 (11.79)	39-4.50 (12.00)

At the Big Ten Championships ... || 2013 Outdoor || Finished 11th in the triple jump, and 19th in the long jump. **|| 2013 Indoor ||** Competed in both horizontal events in her first conference appearance, placing 14th in the triple jump, and 17th in the long jump.

In the Field ... || 2013 Outdoor || Earned runner-up standing in the long jump at the Bucknell Team Challenge ... Also finished third in the triple jump at the same competition ... Placed sixth in the "Eastern" triple jump at Penn Relays ... Finished second in the triple jump at the Jim Thorpe Open with a PR 39-4.50 (12.00). **|| 2013 Indoor ||** Top place finish was fifth in the both the long and triple jumps at the Penn State Relays ... Finished sixth in the long jump at the Nittany Lion Challenge ... Was also sixth in the long jump at the Sykes & Sabock Challenge Cup. **|| High School ||** The NY State long jump champion as a senior with a leap of 18-9.75 ... Competed in the long and triple jumps at New Balance Outdoor Nationals as a senior ... Won both horizontals at the MMAA All Catholic High School Track & Field Championships in 2012 ... Started off her senior campaign with a victory in the long jump at the Bishop Loughlin Games. **|| Personal ||** Daughter of John and Elaine Lopez ... Born February 19, 1994 ... Enrolled in the College of Agriculture.

at the Crimson Tide Invitational. **|| 2012 Outdoor ||** Top finish was fifth in the javelin at the Jim Thorpe Open ... Also threw a PR 128-1 (39.04) at Jim Thorpe ... Placed 11th at the LSU Invitational. **|| High School ||** A PIAA state qualifier in the javelin ... AACA javelin champion as a senior ... Also competed in the shot, discus, and high jump as a prep. **|| Personal ||** Daughter of Lawrence and Letitia Mangan ... Born May 27, 1992 ... Majoring in Psychology ... Father, Larry, was a standout athlete and sub-4:00 miler for the Nittany Lions.



Dynasty
McGee

Junior • Junior
Flint, Mich.

SPRINTS • RELAYS

McGee's Collegiate Personal Bests

	Indoor	Outdoor
200m	24.62	24.37
400m	53.87	54.07

On the National Stage ... || 2013 Outdoor || Picked up her second-straight USTFCCCA Second Team All-America finish, anchoring the Nittany Lions' 14th-place 4x400 at the NCAA Outdoor Championships ... Helped the Nittany Lions to a finishing time of 3:34.98 at the NCAA Eastern Preliminary – the third-fastest time of the qualifying round. **|| 2012 Outdoor ||** Had an outstanding showing at the USATF Junior Championships, placing 10th overall with a season-best 54.07 ... Earned All-America Second Team honors as a member of the Lions' 13th-place 4x400 at the NCAA Outdoor Championships ... Anchored the team to a season-best 3:33.03 at NCAAs.

At the Big Ten Championships ... || 2013 Outdoor || Made a trip to the medal stand as a member of the Nittany Lions' third-place 4x400 ... Scored a fourth-place finish individually in the 400, and ran on the Lions' fifth-place 4x100. **|| 2013 Indoor ||** Placed fourth in the 400, running 54.16 in the final ... Ran the 400 leg on the Lions' fifth-place DMR. **|| 2012 Outdoor ||** Scored as a member of the second-place 4x400 (3:33.20) and sixth-place 4x100 ... Just missed the final in the 400, finishing 10th overall. **|| 2012 Indoor ||** Ran on the Lions' silver-medal 4x400 in her first conference appearance ... Finished 11th individually in the 400.

Around the Track ... || 2013 Outdoor || Won the 200 at the Jim Thorpe Open and ran on the winning 4x100 ... Anchored the Nittany Lions' season-best 4x400, which ran 3:33.47 to finish fourth in the elite "Championship of America" section at Penn Relays ... Won the 400 at the Bucknell Team Challenge. **|| 2013 Indoor ||** Finished third in the 400 at the Penn State National, and was a member of the second-place 4x400 at the same competition ... Was a member of the winning 4x400 at the Sykes & Sabock Challenge Cup ... Ran a season-best 53.87 to finish second in the 400 at the SPIRE D-I Invitational. **|| 2012 Outdoor ||** Ran on the winning 4x400 at the Auburn War Eagle Invitational ... Placed third in the 200 and the 400 at the Bison Outdoor Classic ... Finished 13th in the 400 against top competition at the LSU Invitational ... Placed third in the 200 at the Jim Thorpe Open ... Ran a collegiate PR 24.37 for the 200 at the Jim Click Shootout. **|| 2012 Indoor ||** Was a member of winning 4x400s at the Penn State Relays and Sykes & Sabock Challenge Cup ... Placed fourth in the 200 at the Penn State Relays, and fourth in the 400 at the Nittany Lion Challenge and Sykes & Sabock Challenge Cup ... Ran a leg of the Lion's season-best 4x400 at the Alex Wilson Last Chance



Olivia
MANGAN

Senior • Junior
Huntingdon Valley, Pa.

THROWS

Mangan's Collegiate Personal Bests

	Indoor	Outdoor
Javelin	***	136-0 (41.46)

In the Field ... || 2013 Outdoor || Turned in a lifetime-best 136-0 (41.46) to finish seventh at the Bison Outdoor Classic at Bucknell ... Placed fifth at the Jim Thorpe Open, sixth at the Bucknell Team Challenge, and ninth



(3:35.43). || **High School** || A consistent fixture at the top of the heap at the state and national levels, having 13 Michigan state titles to her credit, as well as numerous national accolades ... Boasts personal bests of 12.23 (100-meters), 24.34 (200-meters), and 53.93 (400-meters) ... Placed second in the 400 at New Balance Indoor Nationals this winter, to follow up a bronze-medal effort in the event at New Balance Outdoor Nationals in 2010 ... Can also hold her own in the jumps with PRs of 19-8 in the long jump, and 39-1 in the triple jump and has also run 1:03.10 in the 400-meter hurdles ... Also excelled at the international level, representing the U.S. at the 2010 Caribbean Scholastic Invitational, where she scored gold-medal finishes in the 400, 400 hurdles, and 4x400-meter relay. || **Personal** || Born August 15, 1993 ... Parents are Tina and Chinney ... Majoring in Communications ... An All-Big Ten Academic honoree.



Erika
MORGAN

5th Year • Outdoor Only
Chesapeake, Va.

JUMPS



Lauren
MILLS

Junior • Junior
West Chester, Pa.

DISTANCE • CROSS COUNTRY

Morgan's Collegiate Personal Bests		
	Indoor	Outdoor
High Jump	5-10.50 (1.79)	5-10.75 (1.80)

On the National Stage ... || **2013 Outdoor** || Competed at the NCAA Eastern Preliminary Round for the third-straight year, placing 35th overall. || **2012 Outdoor** || Qualified for the NCAA Eastern Preliminary Round for the second-straight year, finishing 23rd in the high jump. || **2011 Outdoor** || Placed 27th overall with a clearance of 5-7 (1.70) in the high jump at the NCAA First Round.

At the Big Ten Championships ... || **2013 Outdoor** || Cleared 5-8.50 (1.74) to tie for third place, earning bronze medal honors. || **2012 Outdoor** || Placed fifth overall with a clearance of 5-7.25 (1.71). || **2012 Outdoor** || Scored an eighth-place finish in the high jump. || **2012 Indoor** || Placed 10th overall in the high jump. || **2011 Outdoor** || Placed 11th in the high jump with a clearance of 5-5.75 (1.67). || **2011 Indoor** || Scored an eighth-place finish in the high jump with a season-best effort of 5-7 (1.70). || **2010 Indoor** || Cleared a season-best 5-7 (1.70) to place 17th in the high jump at the Big Ten Indoor Championships.

In the Field ... || **2013 Outdoor** || Cleared a lifetime-best 5-10.75 (1.80) to finish sixth in the "Championship" section at Penn Relays ... Took top honors at the LSU Battle on the Bayou, clearing 5-7.25 (1.71) ... Placed second at the Jim Thorpe Open, and third at the Bucknell Team Challenge. || **2013 Indoor** || Picked up wins at the Penn State Relays, and Sykes & Sabock Challenge Cup ... Finished second at both the PSU National and Nittany Lion Challenge ... Posted a lifetime-indoor best clearance of 5-10.50 (1.79) at the PSU Relays. || **2012 Outdoor** || Placed second at both the Bison Outdoor Classic and the Bucknell Team Challenge ... Finished third at the Jim Click Shootout ... Top clearance on the season was 5-8.75 (1.75) at the Jim Thorpe Open. || **2012 Indoor** || Best place finish was second at the Akron Invitational ... Placed fourth at the Penn State Relays ... Finished 11th at the Penn State National. || **2011 Outdoor** || Cleared a collegiate outdoor PR 5-8.50 (1.74) to win the high jump at the Jim Thorpe Open ... Placed fifth in the "Eastern" high jump at Penn Relays, topping out at 5-7.75 (1.72) ... Won the high jump at the George Mason Spring Invitational ... Finished fifth at the Jesse Owens Classic. || **2011 Indoor** || Finished third at the Nittany Lion Challenge, fourth at the Sykes-Sabock Challenge Cup, and seventh at the Penn State National, clearing 5-7 (1.70) on all three occasions ... Placed second at the Penn State Relays, and 10th at the Tyson Invitational. || **2010 Indoor** || Placed second in the high jump at the Penn State Relays ... Finished ninth at the Penn State National, and 11th at the Sykes-Sabock Challenge Cup ... Took 20th at the Tyson Invitational. || **High School** || Competed in the jumps and hurdles at Western Branch ... Was the VSHL AAA bronze medalist in the high jump during both the indoor and outdoor seasons as a senior ... Also qualified for the Virginia state meet in the long jump. || **Personal** || Daughter of Charles and Teresa Morgan ... Birthday is April 19, 1991 ... Majoring in Labor Studies and Employment Relations.

Mills' Collegiate Personal Bests		
	Indoor	Outdoor
1500m	***	4:43.86
Mile	5:02.93	***
3000m	9:59.48	***
5000m	17:31.83	17:05.91

At the Big Ten Championships ... || **2013 Indoor** || Ran 10:02.41 to finish 29th in the 3000 meters in her first-career Big Ten appearance.

On the Course ... || **2012 Cross Country** || Competed in three races, placing eighth overall at the Lock Haven Dolan Duals ... Finished 38th overall at the Harry Groves Spiked Shoe. || **2011 Cross Country** || Competed in three events as a freshman, finishing 17th at the Lock Haven Dolan Duals and 58th at the Harry Groves Spiked Shoe.

Around the Track ... || **2013 Outdoor** || Turned in a lifetime-best 17:05.91 to finish 21st in the 5,000 meters at Penn Relays ... Finished 10th in the 5K at the Bison Outdoor Classic. || **2013 Indoor** || Clocked a PR 9:59.48 for the 3K at the SPIRE D-I Invitational ... Placed third in the mile at the Penn State Relays ... Took 10th in the 5K at the Penn State National, and 10th in the mile at the Nittany Lion Challenge. || **2012 Outdoor** || Placed sixth in the 1500 at the Jim Thorpe Open ... Turned in a PR 4:43.86 for the 1500 at the Bucknell Team Challenge ... Ran the 5K at the Bison Outdoor Classic. || **2012 Indoor** || Was a member of the second-place DMR at the Sykes & Sabock Challenge Cup ... Ran 17:51.52 to finish 12th in the 5K at the PSU National ... Clocked 5:06.72 for the mile at the Nittany Lion Challenge. || **High School** || Scored a fifth-place finish in the 3200-meters at the PIAA Outdoor Championships, via a career-best effort of 10:53.27 ... Also a standout in cross country, Mills finished 23rd at the PIAA Cross Country Championships as a senior ... Mills, who owns a 1600-meter PR of 5:00.33 was also a PIAA qualifier in outdoor track as a junior, and competed at the indoor state meet as a senior. || **Personal** || Daughter of Aaron and Kathy Mills ... Born January 29, 1993 ... Majoring in Nutrition.



2013-14 WOMEN'S RETURNERS



Sarah
PALMER

Junior • Junior
Gansevoort, N.Y.

JUMPS



Tori
PERRI

Senior • Senior
Philadelphia, Pa.

DISTANCE • CROSS COUNTRY

Palmer's Collegiate Personal Bests

	Indoor	Outdoor
High Jump	5-8 (1.73)	5-8.75 (1.75)

At the Big Ten Championships ... || 2013 Outdoor || Placed seventh overall with a season-best clearance of 5-8.50 (1.74). **|| 2013 Indoor ||** Finished fifth in the high jump standings with a leap of 5-7.25 (1.71). **|| 2012 Outdoor ||** Placed 16th overall in the high jump. **|| 2012 Indoor ||** Scored a fifth-place finish in her first Big Ten appearance, clearing a season-best 5-8 (1.73).

In the Field ... || 2013 Outdoor || Earned top five finishes at the Jim Thorpe Open, Bucknell Team Challenge, and LSU Battle on the Bayou ... Top individual finish was a third-place standing at the Jim Thorpe Open. **|| 2013 Indoor ||** Top finish was a runner-up standing at the Penn State Relays ... Took fourth overall at the Sykes & Sabock Challenge Cup. **|| 2012 Outdoor ||** Picked up a victory at the Bison Outdoor Classic with a clearance of 5-8.75 (1.75) ... Recorded a runner-up finish at the LSU Invitational, and finished third at the Bucknell Team Challenge ... Also placed second at Jim Thorpe. **|| 2012 Indoor ||** Cleared 5-7 (1.70) to win the high jump in her first collegiate appearance at the Penn State Relays ... Placed third in the high jump at the Sykes & Sabock Challenge Cup ... Also turned in top 10 finishes at the Penn State National and Nittany Lion Challenge. **|| High School ||** Enjoyed outstanding success in the high jump during her career at Schuylerville High School, coming in with a career-best clearance of 5-9.25 ... A dominant force on the New York high school scene, winning five-straight Section 2 titles in the event ... Won a total of four N.Y. high jump crowns over her career ... Cleared 5-8.75 (1.75) to finish fourth at New Balance Indoor Nationals as a senior. **|| Personal ||** Born May 18, 1993 ... Majoring in Kinesiology ... Daughter of Chris and Lisa Palmer.

Perri's Collegiate Personal Bests

	Indoor	Outdoor
800m	2:18.51	2:20.00
1500m	***	4:30.92
Mile	4:55.34	***

On the National Scene ... || 2012 Cross Country || Emerged as one of the Lions' top runners on the national scene, finishing as the Nittany Lions' number one at the NCAA Cross Country Championships ... Scored a 47th-place finish overall at NCAAs, placing 33rd in team scoring ... Her top 50 finish was just the fifth by a Nittany Lion woman since 1998 ... Covered the 6,000-meter course in Louisville in 20:21 – her best 6K time of the season ... Earned All-Regional status via a fourth-place finish – first for the Lions – at the NCAA Med-Atlantic Regional Championships, finishing in 20:33 on the Blue-White Course.

At the Big Ten Championships ... || 2012 Cross Country || Narrowly missed All-Big Ten status with a 15th-place finish at the conference meet ... Finished the 6K course in 20:45. **|| 2012 Outdoor ||** Placed 16th in the 1500 preliminaries with a finishing time of 4:30.92. **|| 2012 Indoor ||** Finished 16th overall in the mile preliminaries (4:55.24).

On the Course ... || 2012 Cross Country || Ran in the Nittany Lion top five all season, turning in a pair of runner-up efforts, including second-place standings at the Harry Groves Spiked Shoe and Lock Haven Dolan Duals ... Was named Penn State Athlete of the Week following her performance at the NCAA Mid-Atlantic Regional ... Finished 17th overall at the Greater Louisville Classic, running 17:13 for 5K. **|| 2011 Cross Country ||** Did not compete. **|| 2010 Cross Country ||** Saw action in three competitions as a freshman, finishing 15th at the Lock Haven Dolan Duals.

Around the Track ... || 2012 Outdoor || Won the 1500 at the Jim Thorpe Open (4:37.10) ... Clocked a PR 4:34.70 for the 1500 at the Bucknell Team Challenge ... Was a member of the winning 4x800 at the Bison Outdoor Classic ... Also competed at the Jim Click Shootout at Arizona. **|| 2012 Indoor ||** Ran on the first-place DMR at the Penn State Relays ... Posted a PR 4:57.66 for the mile at the Flotrack Husky Classic at Washington ... Finished 11th in the mile at the Sykes & Sabock Challenge Cup. **|| 2011 Outdoor ||** Did not compete. **|| 2011 Indoor ||** Clocked 5:00.36 in the mile at the Husky Classic ... Assisted on the winning DMR at the Sykes & Sabock Challenge Cup ... Was a member of the second-place 4xMile at the Penn State Relays. **|| High School ||** Qualified for the PIAA Cross Country Championships as an individual during senior year ... Placed ninth in the 1600-meters at the PIAA Outdoor Championships as a senior ... Ran a PR 4:43.48 for 1500-meters, taking second at the 2009 USATF Junior Olympics ... Qualified for the PTFCA Indoor Championships as a junior and again as a senior. **|| Personal ||** Daughter of Lisa and Fortunato Perri ... Born June 10, 1992 ... Majoring in Advertising and Public Relations.



Ahmenah
RICHARDSON

Sophomore • Sophomore
Philadelphia, Pa.

JUMPS

Richardson's Collegiate Personal Bests

	Indoor	Outdoor
High Jump	5-7 (1.70)	5-8.50 (1.74)
Triple Jump	37-0.50 (11.29)	39-5.25 (12.02)

At the Big Ten Championships ... || 2013 Outdoor || Notched bronze-medal honors thanks to a lifetime-best clearance of 5-8.50 (1.74) ... Also placed 15th in the triple jump. **|| 2013 Indoor ||** Placed 11th in the high jump, and 17th in the triple jump in her first Big Ten appearance.

In the Field ... || 2013 Outdoor || Won the "Eastern" high jump at Penn Relays, clearing 5-7.75 (1.72) ... Also turned in a PR in the triple jump at Penn, going 38-5.25 (12.02) ... Won the high jump at the Bucknell Team Challenge, and placed second at the LSU Battle on the Bayou ... Also placed fourth in the triple jump against top competition at LSU. **|| 2013 Indoor ||** Placed fifth in the high jump, and sixth in the triple jump in her first collegiate appearance at the Penn State Relays ... Cleared a season-best 5-7 (1.70) at the Nittany Lion Challenge and again at the PSU National. **|| High School ||** Competed in the high jump and the long jump at the 2012 PIAA Outdoor Championships ... Won the high jump at the PIAA District III Championships as a senior ... Placed fifth in the high jump at the PFTCA Indoor Championships senior year ... Qualified for the state meet in the high jump as a junior. **|| Personal ||** Daughter of Naeemah Felder and Tyrone Richardson ... DUS major ... Born June 11, 1994.



Marlene
RICKETTS

Senior • Senior
Westbury, N.Y.

JUMPS

Ricketts' Collegiate Personal Bests

	Indoor	Outdoor
Long Jump	19-4 (5.89)	18-9.75 (5.73)w
Triple Jump	42-4.75 (12.92)	41-9.75 (12.73)w

41-11.50 (12.79) at the NCAA meet. **|| 2012 Outdoor ||** Came up just shy of a spot in the national triple jump final, finishing 15th at the NCAA First Round with wind-assisted leap of 41-10.75 (12.77) ... Also recorded a wind-legal outdoor best 41-2.25 (12.55) at the First Round competition. **|| 2011 Outdoor ||** Finished sixth in the triple jump at the USATF Junior Championships with a wind-aided leap of 40-2.75 (12.26).

At the Big Ten Championships ... || 2013 Outdoor || Scored a sixth-place finish in the triple jump with a leap of 40-7 (12.37) ... Placed 11th in the long jump. **|| 2013 Indoor ||** Posted an outstanding weekend, finishing second in the triple jump and fourth in the long jump ... Turned in PRs in both events, going 19-4 (5.89) in the long jump and 42-4.75 (12.92) in the triple jump. **|| 2012 Outdoor ||** Placed 11th overall in the triple jump. **|| 2012 Indoor ||** Turned in a 10th-place finish in the triple jump. **|| 2011 Outdoor ||** Jumped 40-0.50 (12.20) to score an eighth-place finish in the triple jump. **|| 2011 Indoor ||** Placed 10th in the triple jump in her first-career appearance at the conference meet.

In the Field ... || 2013 Outdoor || Earned top honors in the triple jump at the Crimson Tide Invitational at Alabama ... Was a member of the winning 4x400 at the same competition ... Finished second in the triple jump against top competition at the LSU Battle on the Bayou ... Won both the long and triple jumps at the Bucknell Team Challenge ... Ran the 400 leg on the Lions' season-best DMR at Penn Relays (11:17.53) ... Also won the triple jump at the Jim Thorpe Open. **|| 2013 Indoor ||** Picked up triple jump wins at the Penn State Relays, Nittany Lion Challenge, PSU National, and Sykes & Sabock Challenge Cup ... Was just as sharp in the long jump during the indoor season, posting runner-up standings at the Penn State Relays, Nittany Lion Challenge, and Sykes & Sabock Challenge Cup ... Placed third in the triple jump at the SPIRE D-I Invitational ... Finished second in the triple jump at the VT Final Qualifier. **|| 2012 Outdoor ||** Won the triple jump and took third in the long jump at Jim Thorpe ... Placed second at both the Bison Outdoor Classic, Bucknell Team Challenge, and LSU Invitational. **|| 2011 Indoor ||** Recorded an indoor PR of 40-9.25 (12.40) to take third at the Nittany Lion Challenge ... Finished seventh in the triple jump at the Tyson Invitational ... Placed second in the triple jump at the Penn State Relays ... Earned top five finishes in the long jump at the PSU Relays, and Nittany Lion Challenge. **|| 2011 Outdoor ||** Posted a collegiate PR 40-5 (12.32) to win the triple jump at the Jim Thorpe Open ... Took runner-up honors at the Jesse Owens Classic with a mark of 40-3.50 (12.28) ... Finished third at the George Mason Spring Invitational ... Also competed at Florida Relays. **|| 2011 Indoor ||** Recorded a collegiate indoor PR of 40-2 (12.24) to finish seventh at the Penn State National ... Won the triple jump at the Penn State Relays and Sykes-Sabock Challenge Cup ... Placed second at the Nittany Lion Challenge. **|| High School ||** PR triple jump of 42-4 was the third-best mark among U.S. preps in 2010 ... Jumped 41-6 (12.65) to place second in the triple jump at New Balance High School Nationals in 2010 ... New York Division I State Champion in the triple jump as a senior ... Placed second in the N.Y. Championship Final ... Won the triple jump at the 2010 Section 8 Class County Champs ... Also competed in the 200 and 400-meter dashes and the long jump as a high schooler. **|| Personal ||** Daughter of Marva Ricketts ... Born September 8, 1992 ... Enrolled in the College of Health and Human Development.

On the National Stage ... || 2013 Outdoor || Qualified for the NCAA Eastern Preliminary Round in the triple jump. **|| 2013 Indoor ||** Earned USTFCCA Second Team All-America status thanks to a 12th-place finish in the triple jump at the NCAA Indoor Championships ... Posted a leap of



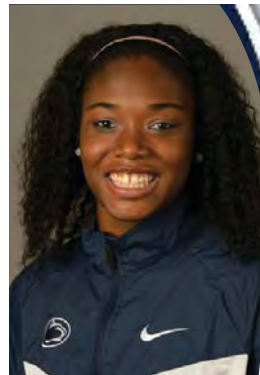
2013-14 WOMEN'S RETURNERS



Katie
RODDEN

Junior • Junior
Ardmore, Pa.

DISTANCE • CROSS COUNTRY



Kiah
SEYMOUR

Sophomore • Sophomore
Washington, D.C.

SPRINTS • HURDLES • RELAYS

Rodden's Collegiate Personal Bests

	Indoor	Outdoor
3000m	10:07.35	***
5000m	18:47.85	17:35.68
10000m	***	35:36.75

On the National Scene ... || 2012 Cross Country || Made her first-career appearance at the NCAA Cross Country Championships, finishing 159th overall, and 123rd in team scoring as the Nittany Lions' fifth runner ... Tied a season-best time at NCAAs, finishing the 6K course in 21:10 ... Came up just shy of all-region status at the NCAA Mid-Atlantic Regional, finishing 26th overall in 21:25 for 6,000-meters. **|| 2011 Cross Country ||** Got some national experience as the alternate on the Lions' NCAA-qualifying squad.

At the Big Ten Championships ... || 2013 Outdoor || Placed 11th in the 10,000-meters with a finishing time of 35:36.75. **|| 2013 Indoor ||** Finished 23rd in the 5K. **|| 2012 Outdoor ||** Turned in a 23rd-place effort in her first appearance in the 10,000. **|| 2011 Cross Country ||** Was one of just two freshman to compete on the Lions' conference squad, placing 75th overall with a finishing time of 22:04.

On the Course ... || 2011 Cross Country || A member of the Penn State top seven in three competitions, making the travel squad for both the Roy Griak and Notre Dame Invitationals ... Placed seventh at the Lock Haven Dolan Duals ... Finished 50th overall at the Penn State National.

Around the Track ... || 2013 Outdoor || Clocked a lifetime-best 35:21.43 for the 10K at the Bison Outdoor Classic, finishing fifth overall ... Placed 17th in the Penn Relays' 5K, thanks to a PR 16:56.26. **|| 2013 Indoor ||** Placed sixth in the 5K at the Penn State National ... Ran a PR 9:50.69 in the 3K at the SPIRE D-I Invitational. **|| 2012 Outdoor ||** Placed 16th in the 5000 at the Bison Outdoor Classic, running a PR 17:35.68. **|| 2012 Indoor ||** Made three appearances during the indoor season ... Highest finish was fifth in the 3000 at the Nittany Lion Challenge, thanks to a PR 10:07.35. **|| High School ||** A two-time PIAA state qualifier as a senior, placing seventh in the 1600-meters, and 14th in the 3200-meters ... Also competed in both events at the PIAA Championships as a junior, recorded an impressive string of victories during the outdoor season, winning both distance events at the PCL Championships, and again at the PIAA District 12 Championships ... A three-time state qualifier in cross country. **|| Personal ||** Daughter of Marylou and Tim Rodden ... Majoring in Kinesiology ... Was a Big Ten Distinguished Scholar in 2012-13.

Seymour's Collegiate Personal Bests

	Indoor	Outdoor
200m	24.15	***
400m	54.41	***
400mH	***	58.22

On the National Stage ... || 2013 Outdoor || Earned USTFCCCA Second-Team All-America status in both the 400-meter hurdles at 4x400 at the NCAA Outdoor Championships ... Ran 58.64 to placed 11th in the 400 hurdles, finishing as the highest-placing freshman in the field ... Helped the Lions to a finishing time of 3:35.23 in the 4x400, which was good for 14th-place in the preliminary round ... Ran a personal-best 400 hurdle time of 58.22 at the NCAA Eastern Preliminary Round ... Also ran on the Lions' 4x400 at Eastern Prelims ... 4x400 ran 3:34.98 – the third-fastest time of the qualifying round ... Also qualified for the USATF Junior Outdoor Championships in the 400 hurdles.

At the Big Ten Championships ... || 2013 Outdoor || Wasted no time in proving herself as one of the top quarter hurdles in the conference, earning silver-medal honors in the event in 58.90 ... Helped the Nittany Lions to a finishing time of 3:39.10 in the 4x400, which was good for bronze-medal standing ... Scored a fifth-place finish as a member of the 4x100. **|| 2013 Indoor ||** Enjoyed a sensational weekend at her first conference meet, taking fifth in the 400 and eighth in the 200 ... Ran a season-best 54.41 in the 400 final ... Also PR'd in the 200 going 24.15.

Around the Track ... || 2013 Outdoor || Was a three-event winner at the Crimson Tide Invitational at Alabama, winning the 400 hurdles, 4x100, and 4x400 ... Also won the 400 hurdles at the Bucknell Team Challenge ... Was a member of the Lions' season-best 4x400 at Penn Relays ... The team ran 3:33.47 to finish fourth in the elite "Championship of America" final ... Also competed in the sprint medley, and the open 400 hurdles at Penn. **|| 2013 Indoor ||** Picked up her first individual collegiate victory with a win in the 200 at the Nittany Lion Challenge ... Was a member of the Lions' school record 1:37.25 in the 4x200 at the Penn State Relays ... Assisted on winning 4x400s at the Penn State Relays and Sykes & Sabock Challenge Cup ... Also finished second in the 400 at Sykes & Sabock. **|| High School ||** Was the national high school runner up in the 400-meter hurdles, clocking 59.99 at New Balance Outdoor Nationals ... Clocked a PR 59.78 - a top 10 time in the country in 2012 - to place second in the 400 hurdles at Penn Relays as a senior ... Ran a career indoor-best 54.77 for the open 400 at New Balance Indoor Nationals senior year ... Has already she's ready to run fast at Penn State, having clocked a career-best 24.50 to win the 200 meters at the Kevin Dare Memorial HS Invitational at Ashenfelter Track in 2012 ... Was the "Emerging Elite" Champion at 400-meters at New Balance Outdoor Nationals in 2011 ... Clocked a PR 38.95 in the 300 meters at the Virginia Tech High School Invitational, which also stood as a top 10 time nationally in 2012. **|| Personal ||** Daughter of Rafford and Martill Seymour ... Birthday is January 11, 1994 ... Majoring in Communications.



Rebekka SIMKO

Senior • Junior
Mentor, Ohio

MID-DISTANCE • CROSS COUNTRY

Simko's Collegiate Personal Bests

	Indoor	Outdoor
600m	1:31.35	***
800m	2:06.88	2:03.09
1000m	2:48.70	***
1500m	***	4:20.11
Mile	***	4:40.75
DMR	11:05.16	11:08.41

On the National Stage ... || 2012 Cross Country || Had a breakout cross country season, finishing 71st overall and 51st in team scoring at the NCAA Championships ... Ran 20:35 for 6,000-meters at the NCAA meet ... Scored All-Region status thanks to a 10th-place finish at the NCAA Mid-Atlantic Regional, helping the team to the program's first-ever regional team title. || **2012 Outdoor** || Clocked a sizzling school-record 2:03.09 in the 800 at the American Milers' Series in Indianapolis to claim a spot at the US Olympic Trials ... Went on to place 27th at the Trials, as one of just six collegians in the field ... Earned Second Team All-America honors at the NCAA Outdoor Championships, thanks to a 15th place finish in the 800 (2:05.13) ... Qualified for the NCAA First Round in both the 800 and 1500. || **2011 Outdoor** || Qualified for the NCAA First Round in the 800-meters, finishing 32nd overall in 2:09.13.

At the Big Ten Championships ... || 2012 Cross Country || Placed fifth overall to capture All-Big Ten First Team honors ... Was the Lions' number one runner, helping the team to a third-place finish ... Clocked 20:26 for 6,000-meters. || **2012 Outdoor** || Turned in a pair of scoring performances, led by a bronze-medal finish in the 800 (2:06.96) ... Was also a finalist in the 1500, placing eighth overall (4:22.35). || **2012 Indoor** || Was a member of the Lions' third-place DMR, while also taking third individually in the 800 with a finishing time and indoor PR of 2:06.88. || **2011 Cross Country** || Made her first conference appearance in cross country, finishing the 6K course in 22:11 for 79th place. || **2011 Outdoor** || Scored a fifth-place finish in the 800, crossing the finish line in 2:09.01. || **2011 Indoor** || Turned in a sixth-place finish in the 600-meters in her first Big Ten appearance, finishing in 1:34.42.

Around the Course ... || 2012 Cross Country || Won the individual title at the Lock Haven Dolan Duals, earning Big Ten Athlete of the Week honors for her efforts ... Placed fourth at Spiked Shoe, and 15th at the Greater Louisville Classic ... Took 34th overall in a national-class field at the Adidas Wisconsin Invitational ... Clocked a season-best 20:20 for 6K at Wisconsin. || **2011 Cross Country** || Competed in four events, placing eighth overall at the Lock Haven Dolan Duals ... Placed 10th in the JV competition at the Notre Dame Invitational ... Also competed at the PSU National.

Around the Track ... || 2013 Seasons || Redshirted the indoor and outdoor track and field seasons. || **2012 Outdoor** || Placed fourth in the 800 at the LSU Invitational, thanks to a then-PR 2:05.40 ... Ran the 1200 leg on the Lions' school-record DMR at Penn Relays (11:08.41) ... Also competed in the mile at Penn, finishing in 4:40.75 ... Set a stadium record en route to a victory in the 1500 at the Bison Outdoor Classic,

running 4:20.11 ... Competed in the 1500 at the Mt. SAC Relays. || **2012 Indoor** || Ran on the Lions' school-record DMR at the Penn State National, where the team combined to run 11:05.16 ... Was a member of the winning DMR at the Penn State Relays ... Placed third in the 1000 at the Nittany Lion Challenge ... Finished seventh in the 800 at the PSU National. || **2011 Outdoor** || Was a member of the Nittany Lions' school-record setting 4x800-meter relay, which clocked a new PSU-best 8:39.44 to place seventh in the "Championship of America" section ... Recorded an effort of 2:08.36 in the effort ... Ran a collegiate outdoor PR 2:08.55 to place second at the Jim Thorpe Open ... Won the 800 at the Jesse Owens Classic ... Clocked a lifetime-best 4:35.68 to finish second in the 1500-meters at the Auburn War Eagle Invitational. || **2011 Indoor** || Placed third in the 600 at the Sykes-Sabock Challenge Cup in a PR 1:31.35 ... 600 PR is the third-fastest performance in school history ... Ran an indoor PR 2:11.38 to place 10th in the 800 at the Penn State National ... Was a member of the winning 4x800 at the Penn State Relays. || **High School** || Ran a PR 2:09.04 to place fourth in the 800-meters at the 2010 New Balance Outdoor Nationals ... Won a total of 10 gold medals at the OHSAA Outdoor Championships throughout her career ... Won the 800 and placed second in the 1600-meters as a senior ... Took top honors in the 400-meters at the Ohio State Meet during sophomore and junior campaigns ... Holds state record in the 4x800-meters (9:13.89) ... Won the 1600-meters at the Ohio Indoor State Meet as a senior ... Placed 11th in the 800-meters at Nike Outdoor Nationals as a junior. || **Personal** || Daughter of Ken and Lisa Simko ... Birthday is August 31, 1991 ... Journalism major.



Gwenn PORTER

Senior • Senior
Clearfield, Pa.

DISTANCE • CROSS COUNTRY

Porter's Collegiate Personal Bests

	Indoor	Outdoor
1500m	***	4:44.84
Mile	5:22.29	***
3000m	10:54.63	***

On the Course ... || 2012 Cross Country || Raced in two events, finishing 13th overall at the Lock Haven Dolan Duals. || **2011 Cross Country** || Made three appearances as a sophomore, competing at the Lock Haven Dolan Duals, Harry Groves Spiked Shoe, and Penn State National. || **2010 Cross Country** || Ran in three competitions.

On the Track ... || 2013 Outdoor || Ran a PR 4:44.84 for the 1500 at the Bison Outdoor Classic ... Finished eighth in the 1500 at both the Bucknell Team Challenge and Jim Thorpe Open. || **2013 Indoor** || Won the 3000 at the Penn State Relays ... Ran a PR of 10:54.63 for 3K at the Penn State National. || **2012 Outdoor** || Placed ninth in the 1500 at the Jim Thorpe Open ... Also competed in the 1500 at the Bucknell Team Challenge and Bison Outdoor Classic. || **2012 Indoor** || Competed in four meets, placing 12th overall in the 3000 at the PSU National. || **2011 Seasons** || Did not compete. || **High School** || A three-time PIAA qualifier in outdoor track ... Ran a personal-best 5:13.58 for 1600-meters as a senior ... Won the District 9 title in the 1600 as a senior ... Also won District 1600 titles as a sophomore and a junior ... Qualified for the PIAA Cross Country Championships as a junior. || **Personal** || Daughter of Dan and Celeste Porter ... Birthday is September 29, 1992 ... Majoring in Kinesiology.



2012-13 WOMEN'S RETURNERS/NEWCOMERS



Sarah Jane **UNDERWOOD**

Sophomore • Sophomore
Alexandria, Va.

MID-DISTANCE • CROSS COUNTRY

Underwood's Collegiate Personal Bests

	Indoor	Outdoor
800m	2:09.75	2:10.11
1000m	2:53.46	***
1500m	***	4:28.50

At the Big Ten Championships ... || 2013 Outdoor || Placed 14th in the 800, running 2:10.44. **|| 2013 Indoor ||** Was a member of the Nittany Lions' fifth-place distance medley ... The team clocked 11:21.39 in the effort.

On the Course || 2012 Cross Country || Ran unattached at the Harry Groves Spiked Shoe Invitational, placing 43rd overall.

Around the Track ... || 2013 Outdoor || Was a member of the Nittany Lions' fourth-place 4x1500 and sixth place DMR at Penn Relays ... Clocked a season-best 2:10.11 to finish second in the 800 at the LSU Battle on the Bayou ... Placed fourth in the 1500 (4:28.50) at the Crimson Tide Invitational at Alabama ... Finished second in the 800 at the Bucknell Team Challenge. **|| 2013 Indoor ||** Clocked a PR 2:09.75 at the Penn State National, finishing fifth overall in the 800 ... Was a member of the winning 4x800 at the Penn State Relays, and winning DMR at the Nittany Lion Challenge ... Finished second in the 1000 at the Nittany Lion Challenge, thanks to a PR 2:53.46 ... Placed fifth in her section of the 800 at the Washington Husky Classic, running 2:10.75. **|| High School ||** Placed fourth in the 800 at the Virginia State Championships as a senior, following a victory in the event at her regional meet ... Was also a member of the fifth-place 4x800 at the state meet ... Finished fifth in the 1000 at the indoor state meet senior year, to go along with a silver-medal finish in the 4x800 ... Was a top 20 finisher at Cross Country States and also competed at the Foot Locker South Regional as senior ... Has run 2:09.38 for the 800 and 2:53.53 for the 1000. **|| Personal ||** Daughter of Mary and David Underwood ... Born October 2, 1993 ... Enrolled in DUS.



Stephanie **ALDRICH**

Freshman • Freshman
West Chester, Pa.

DISTANCE • CROSS COUNTRY

Before Penn State ... || High School || A standout on the Pennsylvania distance scene over the past several seasons ... Took runner-up honors in the mile at the PTFCA Indoor Championships, thanks to a personal-best 5:02.75. Enjoyed an outstanding indoor season as a senior, also clocking a lifetime-best 10:09.88 for 3,000-meters – a top 10 time in Pennsylvania in 2013 ... Also a force in cross country in 2012 ... Placed sixth overall at the PIAA

Aldrich's Personal Bests

1600m	4:59.90
Mile	5:02.77
3000m	10:09.88

State Championships as the top placing senior at the event ... Ended her high school career with a pair of top 10 PIAA finishes to her credit, having finished ninth at the state meet as a junior in 2011. **|| Personal ||** Daughter of Skip and Roberta Aldrich ... Birthday is December 5, 1994.



Tal **BEN-ARTZI**

Freshman • Freshman
Newe Shaanan Hifa, Israel

MULTI-EVENTS

Before Penn State ... || High School || Joins the Nittany Lions all the way from Israel, following outstanding performances in the international ranks ... A two-time IAAF World Youth qualifier ... Owns a lifetime-best total of 4804 in the heptathlon, as well as a personal-record clearance of 5-7.75 (1.72) in the high jump, and a PR of 18-6 (5.64) in the long jump. **|| Personal ||** Birthday is August 19, 1992 ... Daughter of Naomi Shachar and Yoel Ben-Artzi.

Ben-Artzi's Personal Bests

200m	25.06
800m	2:20.09
100mH	14.39
High Jump	5-8.75 (1.75)
Long Jump	18-6 (5.64)
Heptathlon -	50.79




**Christina
CIANCIARULO**
Freshman • Freshman
New Britain, Pa.
SPRINTS • RELAYS



**Julie
KOCJANCIC**
Freshman • Freshman
Pittsburgh, Pa.
DISTANCE • CROSS COUNTRY

Before Penn State ... || High School || Joins a talented Nittany Lion sprints contingent, after finishing third in the 100 meters at the PIAA Outdoor Championships in 2013, where she clocked 12.07 in the final ...

Cianciarulo's Personal Bests	
100m	11.96

Posted a personal-best 11.96 in the prelims at the PIAA meet, which stood as the fastest time in qualifying ... Runner-up in the 100 at the SOL Continental Conference

Championships as a senior ... Also competed in the long and triple jumps during her prep career. **|| Personal ||** Daughter of Ann and Chuck Cianciarulo ... Birthday is August 8, 1995.

Before Penn State ... || High School || Qualified for the Pennsylvania State Championships in the 800 meters during both the indoor and outdoor seasons in 2013 ... Also finished sixth in the event at the PIAA District VII Championships

Kocjancic's Personal Bests	
800m	2:15.78

... A three-time state qualifier in cross country, helping her team to a fifth-place finish in 2012 ... Also a part of Mount Lebanon's eighth-place squad at the 2011 state championships. **|| Personal ||** Daughter of Lori and Michael Kocjancic ... Born July 4, 1995.



**Dannielle
GIBSON**
Freshman • Freshman
Nassau, Bahamas
JUMPS



**Lexi
MASTERSON**
Freshman • Freshman
Jeannette, Pa.
POLE VAULT

Before Penn State ... || High School || No stranger to Pennsylvania, having competed at the prestigious Penn Relays Carnival as a senior ... Helped her St. Augustine's teammates to a spot in the elite Championship of America final, where her team finished seventh overall ... Also ran as a member of a section-winning 4x400 at Penn in 2013 ... Has been one to watch in the Caribbean over the past several season, including a double-win

Gibson's Personal Bests	
Long Jump	18-8
Triple Jump	39-6.50

... effort in the long jump and triple jump at the Bahamas CARIFTA Trials in 2013 ... Would go on to fare well as the CARIFTA Games, placing seventh in the long jump and eighth in the triple jump against outstanding competition. **|| Personal ||** Daughter of Dwight and Tami Gibson ... Birthday is April 5, 1996.

... effort in the long jump and triple jump at the Bahamas CARIFTA Trials in 2013 ... Would go on to fare well as the CARIFTA Games, placing seventh in the long jump and eighth in the triple jump against outstanding competition. **|| Personal ||** Daughter of Dwight and Tami Gibson ... Birthday is April 5, 1996.

Before Penn State ... || High School || Was the PIAA state runner-up in the pole vault as a senior, clearing a personal-best 12-0 at the state meet ... Also scored a silver medal finish at the state level during the indoor season, placing second at the PTFCA Indoor Championships – with a clearance of 12-0 once again ... Qualified for the PIAA Outdoor Championships on all four occasions, and made the indoor state meet during her sophomore, junior, and senior seasons ... Competed at New Balance Indoor Nationals as a senior, placing 15th overall. **|| Personal ||** Daughter of James and Carrie Masterson ... Birthday is June 30, 1994.

Masterson's Personal Bests	
Pole Vault	12-0

... effort in the long jump and triple jump at the Bahamas CARIFTA Trials in 2013 ... Would go on to fare well as the CARIFTA Games, placing seventh in the long jump and eighth in the triple jump against outstanding competition. **|| Personal ||** Daughter of Dwight and Tami Gibson ... Birthday is April 5, 1996.



2012-13 WOMEN'S NEWCOMERS



**India
McCOY**
Freshman • Freshman
Ambridge, Pa.
HIGH JUMP



**Tichina
RHODES**
Freshman • Freshman
Philadelphia, Pa.
SPRINTS • HURDLES • RELAYS

Before Penn State ... || High School || Concluded her prep career with a sixth-place finish in the high jump at the 2013 PIAA State Championships ... A four-time District 7 AAA Champion in the high jump ... Also a three-time state qualifier in the event, with her top finish coming via a second-place effort as a sophomore in 2011 ... Owns a career-best clearance of 5-9. ||

McCoy's Personal Bests	
High Jump	5-9

Personal || Daughter of Sandra McCoy ... Born January 6, 1995.

Before Penn State ... || High School || Enjoyed a sensational weekend at the PIAA State Outdoor Championships as a senior, competing in the 200- and 400-meters, as well as the 100-meter hurdles, individually, to help her Swenson Arts and Technology squad to the 2013 AA Team Title ... would take top honors in the AA 400 at the state level, in addition to a fifth-place finish in the 200, and victories on the 4x100 and 4x400 ... Was also a double place winner at the 2013 PTFCA Indoor Championships, finishing fifth in both the 400 and the 60-meter hurdles ... Her state meet success extends to 2012, where she garnered runner-up honors in the 300-meter hurdles at the PIAA Outdoor Championships, to go along with a fourth-place standing in the 200 as a junior ... Boasts an outstanding range, with the top time in Pennsylvania in the 500 meters (1:19.49) during the 2013 indoor season ... Also ranked second in Pa. the outdoor 400 in 2013 (54.75). || **Personal ||** Daughter of Jamil and Deneen Mack ... Born March 3, 1995.

Rhodes' Personal Bests	
200m	24.97
300m	42.50
400m	54.75
500m	1:19.49
300mH	44.14
400mH	1:03.29



**Megan
OSBORNE**
Freshman • Freshman
Chillicothe, Ohio
SPRINTS • RELAYS

Before Penn State ... || High School || The 200-meter champion at the OATCCC Indoor State Championships ... Will come to Happy Valley with a significant amount of sprinting success under her belt ... State-winning time of 24.73 is also the top time in Ohio last indoor season ... Posted outstanding results during the 2012 outdoor season, including a fifth-place and All-America finish in the 200 at the New Balance Outdoor National Championships ... Made a statement in front of a national audience at the event, clocking a lifetime-best 23.95 in the preliminaries ... Also had a stellar weekend at the Ohio Outdoor Championships as a junior, earning a trio of podium finishes by placing second in the 100, third in the 400, and fifth in the 200. || **Personal ||** Daughter and James and Jane Osborne ... Birthday is May 17, 1995.

Osborne's Personal Bests	
60m	7.73
100m	11.96
200m	23.95
400m	55.35



**Natalie
SHIFFLER**
Freshman • Freshman
Irwin, Pa.
MULTI-EVENTS

Before Penn State ... || High School || Comes to Penn State with several strong PRs to her credit, making her an outstanding prospect in multi-events ... Excelled this summer, winning the javelin at the USATF Three Rivers Junior Olympic Championships ... Javelin PR of 139-8 was the seventh-best toss in Pennsylvania in 2013 ... Has lifetime-best clearance of 5-6 in the high jump to her credit. || **Personal ||** Daughter of Bill and Meg Shiffler ... Birthday is January 11, 1995.

Shiffler's Personal Bests	
High Jump	5-9

2013-14 WOMEN'S NEWCOMERS




Alyssa
ROBINSON
Freshman • Freshman
St. Clairsville, Ohio

THROWS



Meghan
VOGEL
Freshman • Freshman
West Liberty, Ohio

DISTANCE • CROSS COUNTRY

Before Penn State ... || High School || Another addition to a long line of outstanding Nittany Lions from the state of Ohio ... Ended her high school career with a victory at the Midwest Meet of Championships, as well as a state title in the shot put at the OHSAA Track and Field Championships ... went untouched the

Robinson's Personal Bests	
Shot Put	46-7.50

entire outdoor season, finishing first in every shot put competition she entered ... Was also highly successful during her senior indoor campaign, in which she finished third OATCCC Indoor State Championships ... Added a fifth-place standing at New Balance Indoor Nationals ... Was the Ohio State Champion in the shot during the indoor and outdoor seasons as a junior. **|| Personal ||** Daughter of Chuck and Bev Robinson ... Born May 10, 1995.

Before Penn State ... || High School || Captured top honors in the mile at the OATCCC Indoor State Championships in 2013 ... The victory was the second Ohio state gold for Vogel, who won the Ohio State outdoor 1600 title as a junior in 2012, via a PR of 4:58.31 ... Also enjoyed a career-best finish cross country as a senior, finishing fifth overall at the Ohio state meet ... Made

Vogel's Personal Bests	
1600m	4:58.31

national headlines last outdoor season when she stopped mid-race to assist an injured competitor across the finish line at the OHSAA State Championships ... Was named USATF Athlete of the Week for her outstanding display of sportsmanship. **|| Personal ||** Daughter of Jason and Ann Vogel ... Birthday is August 10, 1994.



Cara
ULIZIO
Freshman • Freshman
Redondo Beach, Calif.

DISTANCE • CROSS COUNTRY

Before Penn State ... || High School || Comes to Happy Valley all the way from Redondo Beach, Calif., and brings an impressive resume of accomplishments from her prep career ... Ended her high-school career with a seventh-place finish in the 1600 meters at the CIF State Championships, where she posted a lifetime-best 4:51.74

Ulizio's Personal Bests	
800m	2:14.00
1500m	4:35.22
1600m	4:51.74
3200m	10:53.03

... Clocked a lifetime-best 10:53.29 for the 3200m, placing 10th at the elite Arcadia Invitational ... Placed 12th in the CIF Cross Country Championships, helping her team to a sixth-place finish at the state's Division 2 level. **|| Personal ||** Daughter of Anthony and Wendy Ulizio ... Birthday is July 11, 1995.



MEN'S BIOS

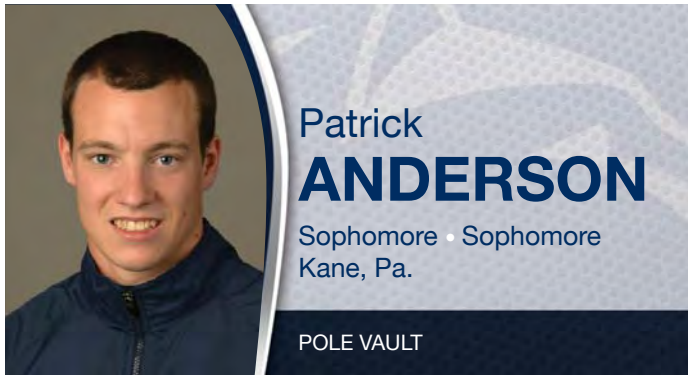
2013-14 Men's Roster



Name	Year	Eligibility	Event Area	Hometown (Previous School)
Anderson, Patrick	Sophomore	Sophomore	Pole Vault	Kane, Pa. (Kane Area)
Baker, Colin	Senior	Senior	Distance/XC	Haddonfield, N.J. (Haddonfield)
Barr, Will	5th Year	Senior	Throws	Urbana, Ohio (Urbana)
Barrett, Sancho	Junior	Junior	Sprints/Hurdles/Relays	Amityville, N.Y. (Amityville Memorial)
Bennett-Green, Bernard	Senior	Senior	Sprints/Relays	Elkins Park, Pa. (Cheltenham)
Bennett-Green, Brandon	Senior	Senior	Sprints/Relays	Elkins Park, Pa. (Cheltenham)
Bilka, Dylan	Junior	Junior	Pole Vault	Seven Fields, Pa. (PSU – Behrend)
Brennan, Ryan	Junior	Junior	Distance/XC	Chester, N.Y. (Monroe-Woodbury)
Burkhardt, Glen	Junior	Sophomore	Distance/XC	Kennett Square, Pa. (Unionville)
Campbell, Chris	Junior	Junior	Distance/XC	Newtown, Pa. Newtown, Pa. (Council Rock North)
Cardina, Robert	Sophomore	Freshman	Multi-Events	Lancaster, Pa. (Conestoga Valley)
Colwell, Jon	Freshman	Freshman	Distance/XC	Centre Hall, Pa. (Mifflin County)
Crawford, Jordan	Freshman	Freshman	Distance/XC	Lemoyne, Pa. (Cedar Cliff)
Creese, Robby	Junior	Junior	Distance/XC	Mt. Airy, Md. (Glenelg)
Damiani, Thomas	Sophomore	Sophomore	Distance/XC	Tunkhannock, Pa. (Tunhannock)
Decesaris, Kory	Freshman	Freshman	Throws	Danielsville, Pa. (Northampton Area)
DiSilvio, Ean	Freshman	Freshman	Distance/XC	Pittsburgh, Pa. (Taylor Allderdice)
Endress, Wade	Junior	Soph./Junior	Distance/XC	Altoona, Pa. (Altoona Area)
Fischer, Matt	Senior	Junior	Distance/XC	Kennett Square, Pa. (Unionville)
Gilmore, Matt	Junior	Junior	Sprints/Hurdles/Relays	Elkins Park, Pa. (Cheltenham)
Hedrick, Russell	Senior	Senior	Throws	Schwenksville, Pa. (East Stroudsburg Univ.)
Hendershot, Jon	Senior	Senior	Jumps	Nazareth, Pa. (Nazareth)
Hill, Darrell	Junior	Junior	Throws	Philadelphia, Pa. (Univ. of Houston)
Hill, Robert	Freshman	Freshman	Distance/XC	Wellsboro, Pa. (Wellsboro Area)
Jacoway, Jonathon	Freshman	Freshman	Jumps	Sharon, Pa. (Sharon)
Jewett, Curtis	Freshman	Freshman	Distance/XC	Rome, Pa. (NE Bradford)
Jordan, Dan	Senior	Junior	Throws	Boalsburg, Pa. (The Kiski School)
Kerr, Ryan	Sophomore	Freshman	Throws	Brookville, Pa. (Brookville Area)
Kidder, Brannon	Sophomore	Sophomore	Distance/XC	Lancaster, Ohio (Lancaster)
Laverdiere, Jesse	Sophomore	Sophomore	Pole Vault	Uniontown, Pa. (Laurel Highlands)
Leap, Brian	Junior	Junior	Jumps	Bellwood, Pa. (Bellwood Antis)
Lippert, Conrad	Sophomore	Freshman	Distance/XC	Middletown, N.J. (Christian Brothers Academy)
McClelland, Mike	Junior	Junior	Jumps	Washington, Pa. (Trinity)
Miller, John (Jack)	Freshman	Freshman	Distance/XC	Bay Village, Ohio (St. Ignatius)
Minnig, Cody	Freshman	Freshman	Jumps	Levittown, Pa. (Neshaminy)
Nadolsky, Aaron	5th Year	Senior	Sprints/ Relays	Altoona, Pa. (Altoona Area)
Pondel, Austin	Freshman	Freshman	Distance/XC	Columbus, Pa. (Corry Area)
Pope, Will	Freshman	Freshman	Throws	South Salem, N.Y. (Iona Prep)
Posey, Jarred	Sophomore	Sophomore	Jumps	York, Pa. (William Penn)
Profitt, Cole	Freshman	Freshman	Throws	Manheim, Pa. (Manheim Central)
Quinn, Conner	Freshman	Freshman	Distance/XC	Horsham, Pa. (Hatboro-Horsham)
Rivera, Brad	Freshman	Freshman	Distance/XC	Bensalem, Pa. (Bensalem)
Robinson, Byron	Freshman	Freshman	Sprints/Hurdles/Relays	Chesapeake, Va. (Western Branch)
Scarpello, Nick	Senior	Senior	Distance/XC	Jamison, Pa. (Central Bucks West)
Shisler, Alex	Sophomore	Sophomore	Sprints/Relays	State College, Pa. (State College Area)
Shuey, Michael	Sophomore	Freshman/Soph.	Multi-Events	Johnsonburg, Pa. (Johnsonburg Area)
Teribery, Brandon	Freshman	Freshman	Pole Vault	Bradford, Pa. (Bradford Area)
Waithe, Steve	Junior	Junior	Jumps	Parkville, Md. (Shippensburg University)
Watkins, Za'von	Sophomore	Sophomore	Distance/XC	Liverpool, N.Y. (Liverpool)
Yohman, Jon	Freshman	Freshman	Throws	New Wilmington, Pa. (Wilmington)



2013-14 MEN'S RETURNERS



Patrick
ANDERSON

Sophomore • Sophomore
Kane, Pa.

POLE VAULT

Anderson's Collegiate Personal Bests

	Indoor	Outdoor
Pole Vault	15-1 (4.60)	14-3.25 (4.35)

At the Big Ten Championships ... || 2013 Indoor || Competed in the pole vault.

In the Field ... || 2013 Outdoor || Top finish was fourth in the pole vault at the Jim Thorpe Open. **|| 2013 Indoor ||** Best clearance was 15-1 (4.60) at the SPIRE D-I Invitational ... Won the pole vault at the Penn State Relays ... Placed fourth at the Nittany Lion Challenge. **|| High School ||** Won the PIAA State Championship in the pole vault as a senior with a clearance of 15-11 ... Also won the PIAA District 9 title in 2012 ... Placed fifth at the 2012 Penn Relays Carnival ... Pole vault PR if 16-4.75 ... Finished third at the PTFCA Indoor State Championships and went on to a 10th-place standing at New Balance Indoor Nationals ... Was also the PIAA State Champion as a junior ... Won the "Emerging Elite" division pole vault at New Balance Outdoor Nationals in 2011. **|| Personal ||** Son of Denny Anderson ... Born March 17, 1993.



Will
BARR

5th Year • Senior
Urbana, Ohio

THROWS

Barr's Collegiate Personal Bests

	Indoor	Outdoor
35lb Weight	63-9.50 (19.40)	***
Discus	***	183-6 (55.93)
Hammer	***	198-7 (60.53)

the weight throw at the NCAA Indoor Championships ... Posted a lifetime-best and school-record toss of 69-11.75 (21.33) at the national meet. **|| 2012 Outdoor ||** Was an Honorable Mention All-American after qualifying for the NCAA Outdoor Championships in the discus ... Threw a personal-best 183-6 (55.93) to finish fifth at the NCAA First Round and advance to NCAA Finals ... PR discus throw ranks sixth all-time in the PSU record books ... Also qualified for the NCAA First Round in the hammer. **|| 2011 Outdoor ||** Qualified for the NCAA First Round in the discus, placing 24th overall at the competition.

At the Big Ten Championships ... || 2013 Outdoor || Scored an eighth-place finish in the discus ... Also competed in the hammer. **|| 2013 Indoor ||** Picked up a fifth-place finish in a sensational field in the weight throw with a toss of 68-5.75 (20.87) ... Shattered his own school record in the event with the performance. **|| 2012 Outdoor ||** Posted a PR 198-7 (60.53) to score a seventh-place finish in the hammer ... Ranks fourth in PSU history with the effort ... Also competed in the discus. **|| 2012 Indoor ||** Placed 14th in the weight throw. **|| 2011 Outdoor ||** Placed 13th in the hammer throw and 19th in the discus. **|| 2011 Indoor ||** Finished 20th in the 35-pound weight throw.

In the Field ... || 2013 Outdoor || Started the season with a runner-up finish in the discus at the Crimson Tide Invitational ... Placed second in the hammer, and third in the discus at the LSU Battle on the Bayou ... Won the discus at the Bucknell Team Challenge ... Also turned in a lifetime-best 207-10 (63.35) in the hammer at Bucknell ... Won the discus and hammer at the Jim Thorpe Open ... Finished second in the hammer at Penn Relays. **|| 2013 Indoor ||** Set and reset the school weight record on no less than five occasions, first achieving the feat with a toss of 67-3.50 (20.51) at the Penn State National ... Reset the record at 67-11.75 (20.72) to take third at the SPIRE D-I Invitational ... Overtook the record again at the Va. Tech Last Chance with a throw of 69-10.25 (21.29) ... Picked up victories at the Nittany Lion Challenge, PSU National, Sykes & Sabock Challenge Cup, and Va. Tech Last Chance. **|| 2012 Outdoor ||** Won the discus at the Bison Outdoor Classic, while finishing second in the hammer at the same meet ... Placed second in the discus and third in the hammer at the Jim Click Shootout ... Finished fourth in the discus at the LSU Invitational ... Took seventh in the hammer at Penn Relays. **|| 2012 Indoor ||** Had a great start to the 2012 campaign, winning the weight at the PSU Relays and Nittany Lion Challenge ... Also won the weight at the Sykes & Sabock Challenge Cup ... Finished third in the weight at the PSU National ... Took third in the indoor discus at the Akron Invitational. **|| 2011 Outdoor ||** Turned in a PR 179-2 (54.63) to place fifth in the discus at Penn Relays ... Won the discus and placed fourth in the hammer at the Jim Thorpe Open, recording a lifetime-best 187-2 (57.05) in the hammer ... Threw 179-0 (54.55) to place second in the discus at Florida Relays ... Finished fourth in the discus at the Jesse Owens Classic, and sixth at the Auburn War Eagle Invitational. **|| 2011 Indoor ||** Top individual finish was third in the weight at the Akron Invitational ... Placed fifth at the Penn State Relays and eighth at the Nittany Lion Challenge, Penn State National, and Sykes-Sabock Challenge Cup. **|| High School ||** Placed second in the discus at the Ohio State Championships as a senior ... Won the discus at both his district and regional meets senior year ... Also won a district title in the shot put ... Central Buckeye Conference Champion in the shot put and the discus. **|| Personal ||** Son of Mary Anne Barr ... Birthday is December 9, 1990 ... Majoring in Political Science.

On the National Stage ... || 2013 Outdoor || Qualified for the NCAA Eastern Preliminary Round in both the discus and hammer. **|| 2013 Indoor ||** Copped First Team All-America status thanks to a sixth-place finish in



Brandon BENNETT- GREEN

Senior • Senior
Philadelphia, Pa.

SPRINTS • RELAYS

Bennett-Green's Collegiate Personal Bests

	Indoor	Outdoor
200m	21.47	21.13
400m	46.82	45.94
500m	1:03.03	***
4x200m	1:24.70, SR	***
4x400m	3:05.22, SR	3:01.52, SR
DMR	9:26.60, SR	9:24.68, SR

On the National Stage ... || 2013 Outdoor || Was a member of the Nittany Lions' 14th-place 4x400 at the NCAA Outdoor Championships, earning USTFCCCA Second Team All-America honors ... Helped the Nittany Lions to a finishing time of 3:06.87 at the NCAA Eastern Preliminary Round – the third-fastest time in qualifying ... Also qualified for the NCAA Eastern Prelims in the 400 as an individual ... Manned the quarter mile carry on the winning DMR at Penn Relays ... The Nittany Lions ran a school-record 9:24.68 in the effort – the fastest time by a collegiate squad in 2013. || **2013 Indoor ||** Earned USTFCCCA First Team All-America status as a member of the Nittany Lions' NCAA runner-up DMR ... Team ran 9:34.00 at the NCAA Championships ... Split 46.55 on the 400 leg at the NCAA meet ... Was a member of the Nittany Lions' collegiate-record setting 4x200, which clocked 1:24.70 at the PSU National ... Covered the 400 meter leg on the Lions' 9:26.60 DMR at the Alex Wilson Invitational ... The squad's performance with the fastest of the 2013 indoor season, as well as the second-fastest time ever run by a collegiate team indoors. || **2012 Outdoor ||** Ran the second leg on the Nittany Lions blistering school-record 3:01.52 during the preliminary round of the 4x400 at the NCAA Outdoor Championships ... Earned First Team All-America status on the 4x400, finishing fourth (3:01.58) ... Qualified for the NCAA First Round as an individual, placing 17th overall in the East Region 400 ... Helped the Nittany Lions to a second-place finish in front of his hometown crowd in the Penn Relays 4x400 ... Was also a member of the winning sprint medley relay at Penn, covering one of the 200 legs. || **2012 Indoor ||** Claimed NCAA runner-up honors on the Nittany Lion 4x400 (3:05.31) at the NCAA Indoor Championships ... Finish was the best by a relay team in men's program history ... Helped the Lions to a school-record 3:05.22 at the Alex Wilson Last Chance.

At the Big Ten Championships ... || 2013 Indoor || Made two trips to the podium thanks to a silver-medal finish in the 400, as well as a third-place effort in the 4x400 ... Matched his own lifetime-indoor best with an effort of 46.82 in the final ... Also turned in an indoor PR 21.47 in the 200 prelims ... Finished 10th overall in the 200. || **2012 Outdoor ||** Clocked a sizzling PR 45.94 to finish third in the 400 at the Big Ten Outdoor Championships ... Also anchored the winning 4x400, which clocked a then school-record 3:04.78 ... Also competed in the 200, finishing 10th overall. || **2012 Indoor ||** Placed fourth in the 400 in his first Big Ten appearance (46.82) ... Earned Second Team All-Big Ten honors as a member of the Lions' second-place 4x400.

Around the Track ... || 2013 Outdoor || Anchored the winning IC4A 4x400 at Penn Relays, where the Nittany Lions ran a season-best 3:06.21 ...

Placed fourth in the 400 and seventh in the 200 at the LSU Battle on the Bayou. || **2013 Indoor ||** Was a member of the winning 4x200 and 4x400 at the Penn State Relays ... Took top honors in the 200 at the Nittany Lion Challenge in addition to a victory in the 4x400 ... Finished fifth in the 400 at the PSU National ... Was on the winning 4x400 at the Sykes & Sabock Challenge Cup. || **2012 Outdoor ||** Ran on the winning 4x100 at the Jim Click Shootout ... Also finished third in the 200 with a wind legal 21.13 ... Finished fourth in the 400 at the Auburn War Eagle Invitational ... Helped the Lions to a third-place finish in the 4x400 in a stacked field at the LSU Invitational ... Won the 200, and was on the winning 4x100 at the Jim Thorpe Open. || **2012 Indoor ||** Ran a 47.16 for 400 at the Sykes & Sabock Challenge Cup, finishing second ... Won the 200 at the Sykes & Sabock, going 21.54, also a PR ... Ran on winning 4x400s at the Penn State National, and Sykes & Sabock Challenge Cup ... Finished third in the 400 at the Nittany Lion Challenge, and fourth in the 500 (1:03.30) at the Penn State Relays. || **Neumann University ||** Spent the 2010-11 seasons at Division III Neumann University, where he led the team in the sprinting events, running 22.20 for 200-meters and 47.44 for 400-meters ... Placed third in the 400 at the NCAA Division III Championships, and also earned third-place standing at the ECAC Championships. || **High School ||** Placed fifth in the 400 at the 2010 PIAA State Championships, and was a member of the fifth-place 4x400-meter relay in the "Championship of America" section at Penn Relays. || **Personal ||** Son of Kimberly Bennett ... Born August 28, 1992 ... Twin brother, Bernard, is also a member of the Nittany Lion track and field team ... Enrolled in Communications, Arts, and Sciences.



2013-14 MEN'S RETURNERS



**Sancho
BARRETT**
Junior • Junior
Amityville, N.Y.
SPRINTS • HURDLES • RELAYS



**Bernard
BENNETT-
GREEN**
Senior • Senior
Philadelphia, Pa.
SPRINTS • RELAYS

Barrett's Collegiate Personal Bests

	Indoor	Outdoor
60mH	7.91	***
110mH	***	14.25
400mH	***	54.54

At the Big Ten Championships ... || 2013 Outdoor || Just missed making the final in the 110 hurdles, finishing 12th overall. **|| 2013 Indoor ||** Turned in his first career scoring finish, taking seventh in the 60 hurdles with a lifetime-best 7.91. **|| 2012 Outdoor ||** Finished 15th in the preliminaries of the 110-meter hurdles. **|| 2012 Indoor ||** Placed 18th in the opening round of the 60-meter hurdles in his first Big Ten appearance.

Around the Track ... || 2013 Outdoor || Took runner-up honors in the 110 hurdles at the Crimson Tide Invitational ... Also ran on the third-place 4x100 at Alabama ... Finished third in the 110s and fourth in the 400 hurdles at the LSU Battle on the Bayou ... Ran a lifetime-best 14.25 at LSU ... Was on the winning 4x100 and finished second in the 110 hurdles at the Bucknell Team Challenge ... Won the short hurdles at the Jim Thorpe Open. **|| 2013 Indoor ||** Won the 60 hurdles at the Sykes & Sabock Challenge Cup with a finishing time of 7.95 ... Was named Big Ten Athlete of the Week following a second-place finish in the hurdles at the Penn State Relays ... Finished second in the hurdles at the Nittany Lion Challenge ... Broke the eight second barrier for the first time at the PSU National, running 7.99 in the semi-finals. **|| 2012 Outdoor ||** Picked up a victory in the 110s at the Jim Thorpe Open in a PR 14.70 ... Placed second in the hurdles at the Bison Outdoor Classic (14.91) and third at the Bucknell Team Challenge. **|| 2012 Indoor ||** Top finish was third in the 60 hurdles at the Penn State Relays, where he ran a personal-best 8.14 ... Was also a member of the third-place 4x400 at the Relays ... Placed third in the hurdles at the Nittany Lion Challenge, and finished fifth at the Sykes & Sabock Challenge Cup. **|| High School ||** One of the top hurdle prospects in the Northeast ... Capped off the 2011 outdoor season with 110-hurdle victories at the N.Y. Section 11 State Qualifier, and the NYSPHSAA State Championships ... Dipped under the 14-second barrier for the first time in his career at the Section 11 Qualifier, turning in a PR 13.98 – the top time by a New Yorker in 2011 ... Clocked a 7.44 to win the 55-meter hurdles at the Hispanic Games at the New York Armory ... Performance was ranked second in the state of New York in 2011, and 13th nationally ... Won the N.Y. state outdoor title in the 110 hurdles and finished second in the 55 hurdles at the indoor state meet as a junior. **|| Personal ||** Son of Petrona Royal and Stanford Barrett ... Birthday is January 18, 1993 ... Enrolled in the College of Health and Human Development.

Bennett-Green's Collegiate Personal Bests

	Indoor	Outdoor
200m	21.93	22.31
400m	47.72	47.19
500m	1:03.54	***
600m	1:19.10	***

On the National Stage ... || 2013 Outdoor || Earned USTFCCA Second Team All-America status as a member of the Nittany Lion 4x400 ... Squad finished 14th in the semi-final in 3:06.84 ... Ran a lifetime-best 47.19 in the 400 at the NCAA Eastern Preliminary Round ... Helped the Nittany Lions to a heat victory at First Round, where the team ran 3:06.87 – the third-fastest time in qualifying.

At the Big Ten Championships ... || 2013 Outdoor || Qualified for the 400 final at the conference meet, finishing eighth overall with a finishing time of 47.24. **|| 2013 Indoor ||** Led off the bronze-medal 4x400 ... Team finished in 3:08.56 ... Also competed in the 400, finishing 14th overall. **|| 2012 Outdoor ||** Placed 20th in the opening round of the 400-meters. **|| 2012 Indoor ||** Finished 18th overall in the 600-meters. **|| 2011 Indoor ||** Competed in the 600-meters, finishing 24th overall.

Around the Track ... || 2013 Outdoor || Was a member of the Nittany Lions' season-best 3:06.21 4x400 at Penn Relays, where the squad took top honors in the IC4A section ... Ran on the third-place 4x100 at the Crimson Tide Invitational ... Helped the Nittany Lion 4x400 to a fourth-place finish at the LSU Battle on the Bayou ... Won the 400 at the Bucknell Team Challenge ... Finished second in the 200 at Bucknell. **|| 2013 Indoor ||** Ran on the winning 4x400 at the Nittany Lion Challenge, while finishing second in the 200 individually ... Finished third in the 400 at the Sykes & Sabock Challenge Cup ... Ran a season-best 47.72 for the 400 at the Alex Wilson Last Chance. **|| 2012 Outdoor ||** Finished second in the 400 at the Jim Thorpe Open ... Earned top 10 finishes in the 400 at the Jim Click Shootout and Bison Outdoor Classic ... Ran on the fourth-place 4x400 at Jim Click. **|| 2012 Indoor ||** Was a member of the winning 4x400 at the Penn State Relays ... Won the 600 at the Sykes & Sabock Challenge Cup with a PR 1:19.10 ... Ran a PR of 48.21 in the 400 at the Penn State National. **|| 2011 Outdoor ||** Top individual finish was eighth in the 800-meters at the Jim Thorpe Invitational ... Ran on the third-place 4x400-meter relay at the George Mason Spring Classic ... Was also a member of the sixth-place distance medley at Florida Relays, and the eighth-place DMR at Penn Relays. **|| 2011 Indoor ||** Took fourth in the 600 at the Sykes-Sabock Challenge Cup, and sixth in the same event at the Nittany Lion Challenge ... Ran on the 4x400 and DMR at the Penn State Relays, helping both squads to second-place finishes. **|| High School ||** Qualified for the PTFCA Indoor Championships in the 400 and 800 as a senior, placing second in the 400 ... Was a member of the winning 4x400-meter relay at the indoor state meet ... Placed second in the 400 at the SOL American Conference Championships, running a personal-best 47.94 ... Anchored Cheltenham's fifth-place 4x400 in the Championship of America section at Penn Relays as a senior. **|| Personal ||** Son of Kimberly Bennett ... Born August 28, 1992 ... Has a twin brother, Brandon, who also runs for the Nittany Lions ... Majoring in Communications.



Ryan
BRENNAN

Junior • Junior
Chester, N.Y.

MID-DISTANCE • CROSS COUNTRY



Chris
CAMPBELL

Junior • Junior
Newtown, Pa.

DISTANCE • CROSS COUNTRY

Brennan's Collegiate Personal Bests

	Indoor	Outdoor
600m	1:18.96	***
800m	1:49.42	1:49.28
1000m	2:23.14	***

On the National Scene ... || 2013 Outdoor || Enjoyed a stellar outdoor season, qualifying for the NCAA First Round in the 800 ... Advanced through the preliminary round of the event, and placed 14th overall in the quarter final – just two spots shy of a trip to the NCAA Championships. **|| 2013 Indoor ||** Served as the alternate on the Nittany Lions' NCAA runner-up distance medley relay.

At the Big Ten Championships ... || 2013 Outdoor || Qualified for the final of the 800 with a PR 1:49.28, placing ninth in the final. **|| 2013 Indoor ||** Ran the 800 leg on the Nittany Lions' Big Ten Champion DMR ... Also placed fifth individually in the 800, clocking a lifetime-indoor best 1:49.42 in the prelims. **|| 2012 Indoor ||** Scored an eighth-place finish in the 600, clocking 1:19.97 in the final ... Ran a career-best 1:18.96 in the preliminaries.

On the Course ... || 2012 Cross Country || Competed in his first cross country race for the Lions, placing 20th at the Lock Haven Dolan Duals.

Around the Track ... || 2013 Outdoor || Ran a then-PR 1:49.32 for the 800 at the Mt. SAC Relays ... Finished second in the 800 at the LSU Battle on the Bayou, and fifth in the event at the Crimson Tide Invitational at Alabama. **|| 2013 Indoor ||** Won the 600 at the Sykes & Sabock Challenge Cup ... Ran on winning DMRs at the Penn State Relays, and Sykes & Sabock Challenge Cup ... Finished third in his 800 heat at the Washington Husky Classic, running 1:50.28 ... Placed sixth in the 800 at the Penn State National. **|| 2012 Outdoor ||** Was a part of Nittany Lion history as a member of the winning 4x800 at Penn Relays ... The squad ran 7:19.76 to win the school's first Championship of America in the event since 1987 ... Won the 800 at the Auburn War Eagle Invitational in 1:50.30 ... Placed 11th in the 800 at the LSU Invitational ... Took sixth in the 800 at the Jim Click Shootout. **|| 2012 Indoor ||** Was a member of the second-place DMR at the Penn State Relays ... Finished third in the 600 at the Nittany Lion Challenge ... Ran on the third-place DMR at the Sykes & Sabock Challenge Cup ... Ran an indoor PR of 1:52.18 at the Flotrack Husky Classic at Washington.

Before Penn State ... || High School || Came to Penn State with some outstanding middle distance credentials, including a 10th-place effort in the 800-meters at New Balance Outdoor Nationals, where he clocked a personal-best 1:51.34 ... Placed second in the event at the NYSPHSAA State Championships, and was also a member of Monroe-Woodbury's fourth-place 4x800-meter relay ... Took third in the half mile at the N.Y. state meet as a junior, and went on to anchor the runner-up sprint medley relay at New Balance Outdoor Nationals with an official 800 split of 1:49.13 ... High school PR for 400-meters was 47.75. **|| Personal ||** Born September 6, 1992.

Campbell's Collegiate Personal Bests

	Indoor	Outdoor
1500m	***	3:59.50
Mile	4:11.85	***
3000m	8:21.76	***
5000m	***	14:42.36

On the National Scene ... || 2012 Cross Country || Completed his first-career 10K at the NCAA Mid-Atlantic Regional Championships, finishing 94th overall in 32:48.

At the Big Ten Championships ... || 2012 Cross Country || Placed 49th overall and sixth for PSU in his first Big Ten Cross Country appearance. **|| 2012 Indoor ||** Completed in the mile, finishing 20th in 4:12.55.

On the Course ... || 2012 Cross Country || Ran in the Nittany Lion top seven in five competitions ... Highest finish was seventh overall at the Lock Haven Dolan Duals ... Finished 61st at the Harry Groves Spiked Shoe Invitational. **|| 2011 Cross Country ||** Competed in four events as a freshman ... Finished as the Lions' sixth man at the Notre Dame Invitational ... Placed 11th at the Lock Haven Dolan Duals ... Finished 72nd at the Penn State National.

On the Track ... || 2013 Outdoor || Ran a PR 14:42.36 to finish seventh in the 5000 at the Bison Outdoor Classic ... Placed fourth in the 1500 at the Jim Thorpe Open, and sixth in the same event at the Bucknell Team Challenge. **|| 2013 Indoor ||** Won the 3000 at the Nittany Lion Challenge ... Also competed in the 3K at the Penn State National, and the SPIRE D-I Invitational. **|| 2012 Outdoor ||** Won the 1500 at the Jim Thorpe Open ... Placed sixth in the steeplechase at the Bucknell Team Challenge ... Finished 10th in the 1500 at the Jim Click Shootout. **|| 2012 Indoor ||** Ran a PR 8:21.76 for the 3000 at the PSU National ... Finished third in the mile at the Nittany Lion Challenge in 4:11.85. **|| High School ||** A three-time PIAA state qualifier in cross country ... Capped an outstanding cross country career at Council Rock North, representing the Northeast Region at the 2010 Footlocker Cross Country Championships ... Placed seventh at the PIAA AAA Championships as a junior, and fourth as a senior in 2010 ... Made a pair of trips to the PIAA Outdoor Championships in the 1600-meter run, taking sixth as a junior, and seventh as a senior ... Ran 4:14.93 for the 1600, and 8:52.05 for 3,000 as a high schooler. **|| Personal ||** Son of Kathleen and Craig Campbell ... Born June 23, 1993 ... Enrolled in the College of Health and Human Development. **On the Course ... || 2012 Cross Country ||** Finished 24th in the "Open" Race at the Greater Louisville Classic, clocking 25:30 for 8K. **|| 2011 Cross Country ||** Competed unattached during the 2011 campaign, finishing 15th overall at the Harry Groves Spiked Shoe Invitational.



2013-14 MEN'S RETURNERS



Robbie CARDINA

Sophomore • Freshman
Lancaster, Pa.

MULTI-EVENTS

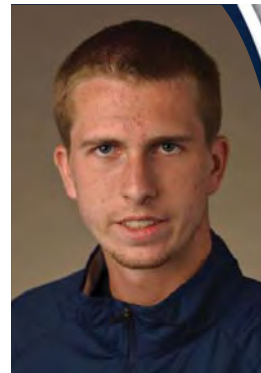
Cardina's Collegiate Personal Bests

	Indoor	Outdoor
60m	7.25	***
100m	***	11.15
400m	53.71	***
1000m	3:02.38	***
60mH	8.51	***
110mH	***	14.86
High Jump	6-8.25 (2.04)	6-6.25 (1.99)
Pole Vault	12-6 (3.81)	***
Long Jump	20-3 (6.17)	22-3 (6.78)w
Shot Put	38-4 (11.68)	***
Heptathlon	4869	***

In the Field ... || 2013 Seasons || Redshirted the indoor and outdoor seasons ... Competed unattached in the heptathlon at the PSU National, finishing with a lifetime-best score of 4869. || **High School** || Picked up a pair of All-State finishes at the PIAA Outdoor Championships as a senior, placing sixth in the 300 hurdles and seventh in the high jump ... Won both the 110 and 300 hurdles at the Lebanon-Lancaster League Championships in 2012 ... Placed second at his league meet in the high jump, clearing a PR 6-8 ... Finished sixth in the high jump at Penn Relays senior year ... Was the state runner-up as a junior ... Boasts bests of 14.32 in the 110 hurdles, and 38.55 for the 300 hurdles. || **Personal** || Son of Andy and Jen Cardina ... Born November 29, 1993.

Race at the Greater Louisville Classic, clocking 25:30 for 8K. || **2011 Cross Country** || Competed unattached during the 2011 campaign, finishing 15th overall at the Harry Groves Spiked Shoe Invitational.

Around the Track ... || 2013 Outdoor || Clocked a lifetime-best 14:44.17 for the 5K to finish 11th at the Bison Outdoor Classic at Bucknell ... Also competed in the 5000 at Penn Relays, running 14:45.08 ... Took fifth in the 1500 at the Jim Thorpe Open. || **High School** || Captured gold-medal honors at the PIAA State Outdoor Championships as a senior, winning the 3200-meters with a personal-best 9:07.53 - the second-fastest time in Pennsylvania in 2011 ... Came to PSU with outstanding cross country credentials on his resume, having placed 22nd at the PIAA State Championships as a junior ... Finished his high school career as a two-time state qualifier in outdoor track, and also made the state meet in indoor track in 2010. || **Personal** || Son of Jan and Ken Burkhardt ... Majoring in Engineering.



Robby CREESE

Junior • Junior
Mt. Airy, Md.

MID-DISTANCE • CROSS COUNTRY

Creese's Collegiate Personal Bests

	Indoor	Outdoor
800m	1:48.64	1:48.98
1000m	2:19.53, SR	** Collegiate Record **
1500m	***	3:41.03
Mile	3:57.11, SR	***
DMR	9:26.60, SR	9:24.68, SR

On the National Scene ... || 2013 Outdoor || Continued to prove his place as one of the nation's top middle distance athletes, taking sixth in the 1500 at the NCAA Outdoor Championships, earning All-America status ... Advanced to the NCAA Championships thanks to a PR 3:41.03 at the NCAA Eastern Preliminary Round ... Was a member of a pair of "Championship of America" winning relays at Penn Relays, including a sensational anchor leg (3:58.9 split) on the distance medley, as well as an outstanding lead-off leg on the winning 4x800 ... Helped the DMR to a school-record 9:24.68 at Penn ... Competed at the USATF Championships in the 1500. || **2013 Indoor** || Anchored the Nittany Lions' second-place DMR at the NCAA Championships ... Was also an NCAA finalist in the mile for the second-straight season ... Capped off Penn State's sizzling school-record 9:26.60 for the DMR at the Alex Wilson Last Chance ... The time stands as the second-fastest in indoor collegiate history. || **2012 Cross Country** || Finished 42nd overall in his first appearance at the NCAA Mid-Atlantic Regional Championships, covering the 10K course in 31:30. || **2012 Outdoor** || Made a big splash at Penn Relays, anchoring the Lions' to a victory in the 4x800 (7:19.76), solidifying Penn State's first victory in the event since 1987 ... Placed fifth in the 1500 at the USATF Junior National Championships ... Came up just short of qualifying for the NCAA Championships, placing 17th in the 1500 at the NCAA First Round. || **2012 Indoor** || Named USTFCCCA Mid-Atlantic Track Athlete of the Year ... Took the NCAA by storm, setting Collegiate and American Junior records in the 1000 at the Nittany Lion Challenge, running 2:19.53 ... Was the lone freshman in the NCAA mile field, where he finished 11th overall for Second Team All-America honors ... Clocked sub-4:00 miles on two occasions,



Glen BURKHARDT

Junior • Sophomore
Kennett Square, Pa.

DISTANCE • CROSS COUNTRY

Burkhardt's Collegiate Personal Bests

	Indoor	Outdoor
1500m	***	4:03.72
5000m	***	14:44.17

On the Course ... || 2012 Cross Country || Finished 24th in the "Open"



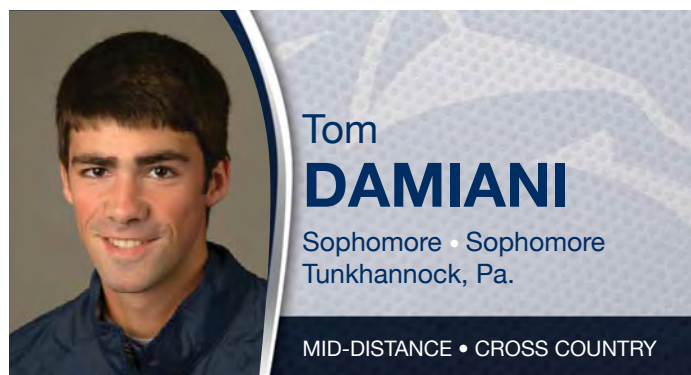
including a PR 3:58.94 at the Alex Wilson Last Chance ... Became just the third Nittany Lion to break the four-minute barrier.

At the Big Ten Championships ... || 2013 Outdoor || Placed second in the 1500, picking up his second-straight medal finish in the event. **|| 2013 Indoor ||** Scored a pair of Big Ten titles, taking the mile individually, and anchoring the winning DMR for the second-straight year. **|| 2012 Cross Country ||** Was the Nittany Lions' top runner at the Big Ten Championships, finishing in 24th overall in 24:29 for 8K. **|| 2012 Outdoor ||** Earned Big Ten Freshman of the Year honors ... Placed third in the 1500 (3:42.87, PR). **|| 2012 Indoor ||** Made two trips to the medal stand, anchoring the Nittany Lions to the program's first Big Ten victory in the DMR (9:44.40), before coming back to finish third individually in the mile ... Was named Big Ten Freshman of the Year.

On the Course ... || 2012 Cross Country || Took top honors at the Lock Haven Dolan Duals, which was good for Big Ten Athlete of the Week accolades ... Placed 34th at the Harry Groves Spiked Shoe Invitational. **|| 2011 Cross Country ||** Redshirted the 2011 season ... Ran unattached in two competitions ... Highest finish was 49th at the Harry Groves Spiked Shoe Invitational.

Around the Track ... || 2013 Indoor || Won the 1500 at the Bison Outdoor Classic with a stadium record 3:41.32 ... Took second in the 800 at the Crimson Tide Invitational at Alabama (1:48.98) ... Finished 10th in the 1500 at the Mt. SAC Relays. **|| 2013 Indoor ||** Posted a sensational 3:57.11 as the top collegiate finish at the Husky Classic at Washington ... Won the 800 (1:49.13) and anchored the winning DMR at the Sykes & Sabock Challenge Cup ... Was named John Lucas Athlete of the Meet for his efforts. **|| 2012 Outdoor ||** Set a stadium record with an effort of 3:43.79 for the 1500 at the Bison Outdoor Classic ... Ran a season-best 1:49.92 for the 800 at the LSU Invitational. **|| 2012 Indoor ||** Had a sensational freshman campaign, earning first or second-place finishes in all regular season appearances ... Was on the winning DMR at the Penn State National, while also finishing second in the 800 at the same competition (1:48.64) ... Clocked 4:00.68 to finish second in the mile at the Sykes & Sabock Challenge Cup ... Dipped under the 4:00-barrier for the first time at the Washington Husky Classic, running 3:59.52 to take second-place overall.

Before Penn State ... Place sixth in the 2011 Penn Relays mile ... Enjoyed an outstanding weekend at the Maryland State AA Championships as a senior, turning in a victory in the 3200-meters, as well as second-place efforts in the 800- and 1600-meters ... Claimed a trio of Maryland state indoor titles in 2011, winning the 800, 1600, and 3200 ... Would go on to finish 11th in the mile run at New Balance Indoor Nationals as a senior ... Owned personal bests of 1:54.00 in the 800, 4:10.60 in the mile run, and 9:17.28 for the 3200 coming out of high school. **|| Personal ||** Son of Denie and Rob Creese ... Born August 30, 1993 ... Major is Mathematics .. Was named a Capital One Academic All-American in 2013.



Damiani's Collegiate Personal Bests

	Indoor	Outdoor
800m	1:56.06	***
1000m	2:32.33	***
1500m	***	3:54.76

Around the Track ... || 2013 Outdoor || Finished second in the 1500 at the Jim Thorpe Open ... Placed sixth in the event at the LSU Battle on the Bayou. **|| 2013 Indoor ||** Highest finish was sixth in the 800 at the Nittany Lion Challenge ... Placed eighth in the 1000 at the Penn State National ... Also competed at the Sykes & Sabock Challenge Cup and the SPIRE D-I Invitational.

Before Penn State ... || High School || Ran a PR 1:54.62 for the 800 as a senior at Tunkhannock High School ... A two-time PIAA outdoor state qualifier in the 800 ... Two-time District II Champion in the 800 ... Also competed in the 800 at New Balance High School Nationals ... Already has a pair of Happy Valley appearance to his credit, competing at Harry Groves Spiked Shoe Invitational in 2010 and 2011. **|| Personal ||** Son of Richard and Reta Damiani ... Birthday is April 26, 1993.




Hedrick's Collegiate Personal Bests

	Indoor	Outdoor
Javelin	***	197-2 (60.10)

Before Penn State ... || East Stroudsburg University || Spent three years at East Stroudsburg before joining the Nittany Lions ... Placed sixth in the javelin at the 2012 PSAC Outdoor Championships ... Top finish in 2012 was a second-place showing at the ESU All-American Meet ... Also finished sixth in the PSAC in 2011 ... Lifetime best in the javelin is 197' 2" (60.10). **|| Personal ||**



2013-14 MEN'S RETURNERS



Wade
ENDRESS
Junior • Soph.-Junior
Altoona, Pa.
DISTANCE • CROSS COUNTRY



Matt
FISCHER
Senior • Junior
Kennett Square, Pa.
DISTANCE • CROSS COUNTRY

Endress' Collegiate Personal Bests		
	Indoor	Outdoor
1000m	2:24.73	***
1500m	***	3:53.27
Mile	4:07.24	***
5000m	***	14:37.66

Fischer's Collegiate Personal Bests		
	Indoor	Outdoor
1500m	***	3:49.36
Mile	4:11.05	***
3000m	8:08.35	***
5000m	14:09.87	14:01.23

At the Big Ten Championships ... || 2012 Outdoor || Competed in the 1500. || **2012 Indoor** || A member of the winning DMR (9:44.40), covering the 1200-meter lead off leg ... An All-Big Ten First Team selection. || **2011 Cross Country** || Placed 70th overall in his first Big Ten appearance.

On the Course ... || 2012 Cross Country || Did not compete. || **2011 Cross Country** || Enjoyed an outstanding rookie campaign, finishing in the Nittany Lion top seven in three races ... Finished ninth at the Lock Haven Dolan Duals and 20th at the Penn State National.

Around the Track ... || 2013 Outdoor || Ran a personal-best 14:37.66 for the 5K at Penn Relays ... Finished second in the 1500 at the LSU Battle on the Bayou, and third in the event at the Bucknell Team Challenge. || **2013 Indoor** || Redshirted the 2013 indoor season. || **2012 Outdoor** || Top finish was a victory in the 1500 at the Bucknell Team Challenge ... Was a member of the third-place 4x800 at the Bison Outdoor Classic ... Also competed at the LSU Invitational and Jim Click Shootout. || **2012 Indoor** || was a member of the Lions' season-best DMR at the Penn State National (9:35.24) ... Placed second in the 1000 at the Nittany Lion Challenge with a PR 2:24.73 ... Ran a PR 4:07.34 for the mile at the Sykes & Sabock Challenge Cup. || **High School** || Owned personal bests of 1:51.73 for 800-meters, and 4:13.34 for the mile out of high school ... Enjoyed outstanding success on the cross country course including a runner-up effort at the PIAA AAA Championships in 2010 ... A double winner at PTFCA Indoor Championships as a senior, taking top honors in both the 800 and mile run ... PR 1:51.73 at the state meet is also a Pennsylvania state indoor record ... Placed third in the 800 and fourth in the 1600-meters at the PIAA State Championships senior year, and qualified for Nike Cross Country Nationals in 2010. || **Personal** || Parents are Dave and Melody ... Majoring in Kinesiology.

On the National Scene ... || 2013 Outdoor || Qualified for the NCAA First Round in the 5000, finishing 25th overall. || **2012 Cross Country** || Placed 46th overall and sixth for Penn State at the NCAA Mid-Atlantic Regional ... Finished in 31:31 for 10K. || **2011 Cross Country** || Placed 61st overall at the NCAA Mid-Atlantic Regional Championships.

At the Big Ten Championships ... || 2013 Outdoor || Placed fifth in the conference 5K, finishing in 14:12.16. || **2013 Indoor** || Just missed a scoring finish, placing 10th overall in the 5K in 14:16.43. || **2012 Cross Country** || Finished 34th overall and second for PSU at the conference meet, running 24:35 for 8,000-meters. || **2012 Outdoor** || Took 21st overall in the 5000. || **2012 Indoor** || Finished 14th in the 3000 ... Placed 16th in the 5000 with an indoor PR of 14:27.23. || **2011 Cross Country** || Placed 65th overall.

On the Course ... || 2012 Cross Country || Highest individual finish was a runner-up effort at the Harry Groves Spiked Shoe Invitational ... Placed 37th as the Nittany Lions' number two at the Greater Louisville Classic. || **2011 Cross Country** || Had a breakout redshirt freshman season, finishing in the Nittany Lion top seven in all appearances ... Placed 10th overall at the Penn State National ... Finished 30th at the Roy Griak Invitational as the Lions' number-two scorer ... Took runner-up honors at the Lock Haven Dolan Duals.

Around the Track ... || 2013 Outdoor || Placed 10th in his 5K section at the Stanford Invitational, turning in a lifetime-best 14:01.23 ... Was a member of the Lions' fifth-place 4xMile at Penn Relays ... Turned in a PR 3:49.36 for 1500 at the Bison Outdoor Classic. || **2013 Indoors** || Placed fourth in the 3K at the Penn State National, going 8:10.02 ... Took 12th in his section of the 5K at the Washington Husky Classic, running a PR 14:09.87 ... Finished 11th in the 3K at the Alex Wilson Last Chance with a lifetime-best 8:08.35. || **2012 Outdoor** || Clocked a personal-best 14:11.47 for the 5000 at the Stanford Invitational ... Aslo competed in the 5K at Penn Relays. || **2012 Indoor** || Placed third in his section of the 3K at the UW Husky Classic, thanks to a PR 8:10.40 ... Placed second in the mile at the Nittany Lion Challenge, and seventh in the 3000 at the PSU National. || **High School** || Capped his high-school career off in outstanding fashion, capturing a Pennsylvania state title in the 3200-meters, running a career-best 9:03.01 - the best time by any Pa. prep in 2010 ... Qualified for the Pa. State Meet in the 1600-meters as a junior ... A two-time state qualifier in cross country, helping his Unionville teammates to a sixth-place finish as a senior. || **Personal** || Son of Ingrid and Rick Fischer ... Born May 6, 1992.



**Matt
GILMORE**

Junior • Junior
Philadelphia, Pa.

SPRINTS • RELAYS



**Jon
HENDERSHOT**

Senior • Senior
Nazareth, Pa.

JUMPS

Gilmore's Collegiate Personal Bests

	Indoor	Outdoor
60m	7.02	***
100m	***	10.98
200m	21.66	21.63
400m	47.65	47.77
4x200m	1:24.70	** Collegiate Record **

On the National Stage ... || 2013 Outdoor || Helped the Nittany Lions to a heat victory at the NCAA Eastern Preliminary Round ... Penn State's 3:06.87 was the third-fastest performance of the qualifying round. **|| 2013 Indoor ||** Was a member of the Nittany Lions' collegiate-record setting 4x200 ... The team ran 1:24.70 in the event at the Penn State National.

At the Big Ten Championships ... || 2013 Outdoor || Placed 16th overall in the 200. **|| 2013 Indoor ||** Ran the 400 leg on the Lions' winning DMR at the Big Ten Indoor Championships ... Was also a member of the third-place 4x400. **|| 2012 Indoor ||** Competed in both the 200 and 400 ... Highest place finish was 13th in the 400 preliminaries.

Around the Track ... || 2013 Outdoor || Ran on the winning IC4A 4x400 at Penn Relays, where the team clocked a season-best 3:06.21. **|| 2013 Indoor ||** Ran on the winning 4x200 at the Penn State Relays ... Team ran a then-school record 1:25.52 ... Was a member of first place 4x400s at the Penn State Relays and Sykes & Sabock Challenge Cup ... Finished third individually in the 200 at the Nittany Lion Challenge. **|| 2012 Outdoor ||** Assisted on the Lions' 4x400, which ran a then school-record 3:04.78 to finish second in front of a hometown crowd at Penn Relays ... Placed fifth in the 400 at the Auburn War Eagle Invitational with a collegiate outdoor PR of 47.77 ... Was a member of the winning 4x100 at the Jim Click Shootout. **|| 2012 Indoor ||** Ran a personal indoor-best 47.90 to finish third in the 400 at the Sykes & Sabock Challenge Cup ... Ran on the winning 4x400 at the Penn State Relays ... Also finished second in the 200 at the Relays (21.68) ... Finished seventh in the 200 at the PSU National, running 21.68 – an indoor PR. **|| High School ||** Won the 400-meters at the 2011 PIAA Outdoor Championships, to go along with a silver-medal finish in the 200-meters ... Took top honors in the 200, 400, and 4x200-meter relay at the PFTCA Championships as a senior, and also captured a victory in the 400 at the prestigious Hispanic Games Invitational at the New York Armory ... Was a member of the second-place 4x400-meter relay at the 2010 New Balance Nationals, along with former Cheltenham and future Nittany Lion teammates Bernard Bennett-Green and Brandon Bennett-Green ... 4x400 also finished fifth in the Penn Relays "Championship of America" in 2010. Gilmore will come to Happy Valley with personal bests of 10.82 in the 100, 21.42 in the 200, and 47.46 for 400. **|| Personal ||** Born December 10, 1992 ... Son of Charlene Gilmore.

Hendershot's Collegiate Personal Bests

	Indoor	Outdoor
High Jump	7-0.50 (2.15)	7-3.25 (2.22), SR

On the National Stage ... || 2013 Outdoor || Finished 16th at the NCAA Eastern Preliminary Round with a clearance of 7-0.25 (2.14) – just shy of advancing to the NCAA Outdoor Championships. **|| 2012 Outdoor ||** Qualified for the NCAA Eastern Preliminary Round in the high jump.

At the Big Ten Championships ... || 2013 Outdoor || Finished sixth in the high jump. **|| 2013 Indoor ||** Cleared 6-11 (2.11) to finish sixth overall. **|| 2012 Outdoor ||** Placed 16th in the high jump. **|| 2012 Indoor ||** Scored an eighth-place finish with a cleared of 6-9.50 (2.07). **|| 2011 Outdoor ||** Just missed a scoring finish in the high jump, placing ninth overall with a clearance of 6-7 (2.01). **|| 2011 Indoor ||** Cleared 6-8.25 (2.04) to tie for eighth place in his first-career Big Ten appearance.

In the Field ... || 2013 Outdoor || Tied a long-standing Penn State record with a clearance of 7-3.25 (2.22) at the Jim Thorpe Open ... Picked up a victory at the Bucknell Team Challenge ... Finished third at the LSU Battle on the Bayou, and fourth at the Crimson Tide Invitational at Alabama. **|| 2013 Indoor ||** Cleared a lifetime-indoor best 7-0.50 (2.15) to take top honors at the Penn State Relays ... Was named Big Ten Athlete of the Week for this efforts ... Finished third at both the Sykes & Sabock Challenge Cup and the SPIRE D-I Invitational. **|| 2012 Outdoor ||** Top effort was second at the Jim Thorpe Invitational, where he cleared a season-best 6-11.50 (2.12) ... Also placed second at the Bison Outdoor Classic ... Finished third at the Jim Click Shootout, clearing 6-10.75 (2.10) ... Finished sixth at the Auburn War Eagle Invitational, and seventh at the LSU Invitational. **|| 2012 Indoor ||** Won the high jump at the Nittany Lion Challenge with a lifetime-best 7-00.25 (2.14) ... Finished second at the Penn State Relays, and fifth at the Sykes & Sabock Challenge Cup. **|| 2011 Outdoor ||** Finished second at the Jim Thorpe Open via a career-best jump of 6-9.75 (2.08) ... Enjoyed top five finishes at both the Auburn War Eagle Classic and Jesse Owens Classic, taking fourth at Auburn, and fifth in Columbus ... Finished 12th at Florida Relays, and 13th in the "Eastern" section at Penn Relays. **|| 2011 Indoor ||** Cleared a season-best 6-8.75 (2.05) to place fifth at the Penn State National ... Earned runner-up honors at the Akron Invitational ... Placed fourth at the Penn State Relays, and fifth at the Nittany Lion Challenge. **|| High School ||** Won the District 11 title in the high jump as a senior ... Would go on to finish sixth in the event at the PIAA Outdoor Championships ... Runner-up at the indoor state meet, clearing a personal-indoor best 6-6 ... Cleared his outdoor career best, 6-8, to win the ASD Invitational during senior campaign. **|| Personal ||** Born November 12, 1991 ... Son of Dennis and Lynne Hendershot.



2013-14 MEN'S RETURNERS



Darrell
HILL

Junior • Junior
Philadelphia, Pa.

THROWS



Brannon
KIDDER

Sophomore • Sophomore
Lancaster, Ohio

MID-DISTANCE • CROSS COUNTRY

Hill's Collegiate Personal Bests

	Indoor	Outdoor
Shot Put	60-9.50 (18.53)	62-9.25 (19.13)
Discus	***	160-3 (48.85)

On the National Stage ... || 2013 Outdoor || Qualified for the NCAA Eastern Preliminary Round in the shot put.

At the Big Ten Championships ... || 2013 Outdoor || Finished third in the shot put with a toss of 61-9.75 (18.84) ... Also competed in the discus. **|| 2013 Indoor ||** Turned in a scoring finish in his first Big Ten appearance, taking seventh in the shot put.

In the Field ... || 2013 Outdoor || Launched a lifetime-best 62-9.25 (19.13) at the Jim Thorpe Invitational, which ranks as the fifth-best throw in the Nittany Lion record books ... Won the shot against national-class competition at the LSU Battle on the Bayou with an effort of 62-7.25 (19.08) ... Finished second in the shot at the Crimson Tide Invitational at Alabama ... Finished third in the "Championship" shot put at Penn Relays ... Top discus mark was 160-3 (48.85) at the Bucknell Team Challenge. **|| 2013 Indoor ||** Picked up shot put victories at the Penn State Relays, PSU National, and Va. Tech Last Chance ... Turned in a season-best toss of 60-9.50 (18.53) at the Sykes & Sabock Challenge Cup. **|| University of Houston ||** Spent his freshman year at the University of Houston ... Qualified for the NCAA Western Preliminary Round in the shot put ... Placed fourth in the shot at the Conference USA Outdoor Championships ... Was sixth in the event at the indoor conference meet ... Top finish on the year was a second-place standing at the Victor Lopez Classic at Rice **|| High School ||** PIAA runner up in the shot put as a senior at Penn Wood High School ... Also qualified for the state meet in discus during his senior year ... District I and Delco Champion in the discus in 2011 ... Was also second at the state indoor championships during senior year ... Went on to finish seventh at New Balance Indoor Nationals thanks to a PR 60-7.5. **|| Personal ||** Born on August 17, 1993 ... Son of Ellus Hill and Katherine Wade.

Kidder's Collegiate Personal Bests

	Indoor	Outdoor
800m	1:48.17	1:46.87
1500m	***	3:42.07
Mile	3:59.48	***
4x800m	7:21.37, SR	7:14.14
DMR	9:26.60, SR	9:24.68, SR

On the National Stage ... || 2013 Outdoor || Capped a sensational freshman season with a PR 1:46.87 in the 800 preliminaries at the USATF Championships ... Earned bronze-medal and All-America honors in the 800 at the NCAA Outdoor Championships, following fellow Nittany Lion Casimir Loxsom, who finished second in the same race ... Helped the Nittany Lions to two "Championship of America" victories at the Penn Relays, leading off the winning DMR, and assisting on the winning 4x800 ... DMR ran a school-record 9:24.68 at Penn ... Breezed through the qualifying heats of the 800 at the NCAA First Round, finishing in 1:48.03 in the quarterfinal – the sixth-best time in qualifying. **|| 2013 Indoor ||** Led off the Lions' NCAA runner-up DMR, which finished in 9:34.00 ... Also led off the distance medley at the Alex Wilson Invitational, where the Lions clocked a school-record 9:26.60 – the second-fastest effort ever run by a collegiate team indoors ... Was member of the Lions' school-record 4x800 (7:21.37) at the Millrose Games ... The squad also set Millrose Games and Armory facility records.

At the Big Ten Championships ... || 2013 Outdoor || Placed eighth in the 1500. **|| 2013 Indoor ||** Was named Big Ten Freshman of the Year following winning performances in the 800, individually, and as a member of the distance medley ... Clocked 1:49.73 to win the 800, and helped the Nittany Lions to a finishing time of 9:39.87 in the DMR.

On the Course ... || 2012 Cross Country || Competed unattached at the Harry Groves Spiked Shoe, placing 81st overall.

Around the Track ... || 2013 Outdoor || Finished sixth in the elite section of the 800 at the Mt. SAC Relays, running 1:47.23 ... Won the 800 at the Crimson Tide Invitational at Alabama in 1:47.71 ... Placed second in the 1500 at the Bison Outdoor Classic with a PR 3:42.07. **|| 2013 Indoor ||** Became the fourth Nittany Lion in program history to break 4:00 in the mile, going 3:59.48 to win the event title at the Penn State National ... Clocked a lifetime-indoor best 1:48.17 for the 800 at the Nittany Lion Challenge. **|| High School ||** One of the top middle distance prospects in the country over the past several seasons ... Clocked an impressive 4:03.12 for a full mile at the 2012 Adidas Grand Prix in New York City ... Time was the fourth fastest in the country in 2012 ... Took home three state titles at the 2012 OHSAA State Championships, winning the 800, 1600, and 4x800 ... Clocked a PR of 1:51.09 – the best time in the state of Ohio in 2012 - in his victory in the 800 ... Also won the 800 and 1600 at his conference, district and regional meets as a senior ... Won the 800 and 1600 at the Ohio Indoor State Championships ... Placed fourth in the mile at New Balance Indoor Nationals ... Was also fourth in the mile at the Brooks PR Meet at the University of Washington ... Also an OHSAA



state qualifier in cross country ... Won the state 1600 title as a junior, and finished third as a sophomore in 2010 ... Won the mile at the Midwest Distance Gala as a junior (4:06.73). || **Personal** || Son of Gina and Jeff Kidder ... Birthday is November 18, 1993.



Daniel JORDAN
Senior • Junior
State College, Pa.
THROWS

Jordan's Collegiate Personal Bests		
	Indoor	Outdoor
Hammer	***	140-10 (42.92)

In the Field ... || 2013 Outdoor || Competed in three meets for the Nittany Lions ... Top finish was a fourth-place standing in the hammer at the Jim Thorpe Open. || **High School** || Played football and competed on the wrestling team while at Kiski Prep. || **Personal** || Son of former Nittany Lion women's track and field/cross country coach Teri Jordan ... Birthday is June 27, 1992.



Brian LEAP
Junior • Junior
Bellwood, Pa.
JUMPS

Leap's Collegiate Personal Bests		
	Indoor	Outdoor
Long Jump	23-5.25 (7.14)	24-0.25 (7.32)
Triple Jump	50-10.25 (15.50)	50-2.50 (15.30)

On the National Scene ... || 2013 Outdoor || Qualified for the NCAA Eastern Preliminary Round in the triple jump, where he finished 30th overall.

At the Big Ten Championships ... || 2013 Outdoor || Posted a pair of scoring finishes, including a bronze-medal effort in the triple jump ... Turned in a wind-assisted 50-5.25 (15.37) at the conference meet ... Also placed fifth in the long jump, thanks to an effort of 24-0.25 (7.32). || **2013 Indoor** || Turned in lifetime indoor bests in both horizontal events, posting efforts of 23-5.25 (7.14) in the long jump, and 50-10.25 (15.50) in the triple jump ... Triple jump effort was good for third-place overall, and his first

career Big Ten medal. || **2012 Outdoor** || Just missed making the Big Ten final, finishing 10th overall in the triple jump. || **2012 Indoor** || Placed 16th in the triple jump in his first Big Ten appearance.

In the Field ... || 2013 Outdoor || Started the outdoor season with a bang, turning in runner up finishes in the triple jump at both the Crimson Tide Invitational and LSU Battle on the Bayou ... Won the long jump at LSU ... Took second in the triple jump at the Bucknell Team Challenge ... Won the long and triple jumps at the Jim Thorpe Open. || **2013 Indoor** || Enjoyed a breakout year in the jumps, starting the indoor season with a win in the triple jump, as well as a runner-up finish in the long jump at the Penn State Relays ... Also won the triple jump at the Nittany Lion Challenge ... Finished second in the triple jump at the Penn State National, and again at the Sykes & Sabock Challenge Cup ... Took gold medal honors in the triple jump at the SPIRE D-I Invitational. || **2012 Outdoor** || Posted an outdoor PR of 49-3.75 (15.03) to win the triple jump at the Jim Thorpe Open ... Also won the triple jump at the Bucknell Team Challenge ... Finished third in the triple jump at the Bison Outdoor Classic, and placed sixth in the event at the LSU Invitational. || **2012 Indoor** || Took top honors in the triple jump at the Akron Invitational ... Jumped a season-best 48-1.75 (14.67) at the Penn State National ... Placed third in the triple jump at the Penn State Relays, and fourth at the Nittany Lion Challenge. || **High School** || Scored two podium finishes at the 2011 PIAA AA Outdoor Championships, placing second in the triple jump and seventh in the long jump, while also competing in the high jump ... Earned a trio of medals at the District VI Championships as a senior, placing first in the triple jump, second in the high jump, and third in the long jump ... Was a three-time state qualifier in the triple jump ... Boasted bests of 6-7 in the high jump, 21-8 in the long jump, and 47-11.75 in the triple jump coming out of high school. || **Personal** || Son of Brian and Sharon Leap ... Birthday is August 17, 1992 ... Majoring in Engineering



Conrad LIPPERT
Sophomore • Freshman
Middletown, N.J.
DISTANCE • CROSS COUNTRY

Lippert's Collegiate Personal Bests		
	Indoor	Outdoor
1500m	***	4:07.91
Mile	4:25.12	***
3000m	8:43.30	***

Around the Track ... || 2013 Outdoor || Redshirted the outdoor season but saw action in several competitions, including an appearance in the steeplechase at the Bison Outdoor Classic. || **2013 Indoor** || Also redshirted the 2013 indoor campaign.

Before Penn State ... || High School || Was a member of the Lincroft XC Club squad that took top honors at Nike Cross Nationals in 2011 ... Christian Brothers Academy team on the NJ Meet of Champions with an impressive score of 45 points ... Qualified for the NJSIAA Meet of Champions during junior and senior cross country seasons ... Ran a PR 9:27.31 for the two-mile run at New Balance Outdoor Nationals as a senior ... Competed in the 800 at the 2012 NJSIAA Indoor Meet of Champions ... Finished second in the 1600 and third in the 3200 at the Shore Conference Outdoor Championships senior year ... Won his NJSIAA Sectional in the 3200 as a junior. || **Personal** || Son of Richard and Christa Lippert ... Birthday is December 10, 1993.



2013-14 MEN'S RETURNERS



Aaron NADOLSKY

5th Year • Senior
Altoona, Pa.

SPRINTS • RELAYS

Nadolsky's Collegiate Personal Bests

	Indoor	Outdoor
200m	21.59	21.28
400m	47.01	47.09
4x200m	1:24.70, SR	** Collegiate Record **
4x400m	3:05.22, SR	3:01.52, SR
SMR	***	3:17.10, SR

On the National Scene ... || **2013 Outdoor** || Earned Second Team All-America status in the 4x400 ... The Nittany Lions placed 14th in the NCAA semi-final in 3:06.84 ... Qualified for the NCAA Eastern Preliminary Round as an individual, finishing 36th in the 400. || **2013 Indoor** || Anchored the collegiate-record setting 4x200 ... Helped the team to a finishing time of 1:24.70 at the PSU National. || **2012 Outdoor** || Led off Penn State's record-setting 4x400, which clocked a school-record 3:01.52 in the preliminary round at the NCAA Outdoor Championships ... Went on to earn fourth-place and All-America honors in the final, helping the team to a finishing time of 3:01.58 – the Nittany Lions' second-ever sub 3:02 performance ... Helped the Nittany Lions' to a fourth-place finish at the NCAA Eastern Preliminary in 3:03.57 ... Was a member of the winning sprint medley relay at the Penn Relays for the second-straight year ... Ran on the runner-up 4x400 at Penn, where the Lions' clocked a then school-record 3:04.78. || **2012 Indoor** || Ran the opening leg on the runner-up 4x400 squad at the NCAA Indoor Championships, finishing in 3:05.31 ... Was a member of the school-record relay at the Alex Wilson Last Chance, where the Lions ran 3:05.22. || **2011 Outdoor** || Was a member of the Nittany Lions' winning sprint medley relay at Penn Relays ... Covered one of the 200-meter legs on Penn State's school -record 3:17.10 at the event ... Led off the Lions' 16th-place 4x400 (3:08.79) at the NCAA First Round. || **2011 Indoor** || Earned All-America status via a fifth-place finish in the 4x400 at the NCAA Indoor Championships ... Also led off the Lions' school-record 3:07.27 4x400 at the Alex Wilson Last Chance at Notre Dame.

At the Big Ten Championships ... || **2013 Outdoor** || Competed in the 400. || **2013 Indoor** || Finished 13th in the 400, and 17th in the 200. || **2012 Outdoor** || Helped Penn State to its first-ever Big Ten title in the men's 4x400, leading off the Lions' 3:04.78 effort ... Also competed in the 200, finishing 16th. || **2012 Indoor** || Covered the 400-meter carry on the Nittany Lions' winning DMR (9:44.40) ... Earned silver-medal honors as a member of the runner-up 4x400 ... Scored a fifth-place finish individually, finishing in 47.01 – a personal best. || **2011 Outdoor** || Helped the Nittany Lions to a fifth-place finish in the 4x400 (3:08.64) ... Placed 10th in the 400 and 13th in the 200 individually. || **2011 Indoor** || Earned a bronze-medal finish as a member of the 4x400 (3:14.78) ... Also ran the 400 leg on the eighth-place DMR ... Finished 15th in the open 400.

Around the Track ... || **2013 Outdoor** || Helped the 4x400 to a victory at the Crimson Tide Invitational ... Placed fourth individually in the 200 at Alabama ... Finished fourth in the 4x400 at the LSU Battle on the Bayou, while also taking sixth in the 400. || **2013 Indoor** || Was a member of the winning 4x200 at the Penn State Relays ... The team won with a then-school record 1:25.52 ... Finished ninth in the 400 at the SPIRE D-I Invitational ... Finished ninth in the 200 at the Alex Wilson Last Chance. || **2012 Outdoor** || Ran on winning 4x100s at the Jim Click Shootout and

Jim Thorpe Invitational ... Turned in a PR 21.28 in the 200 at Jim Click, finishing sixth overall ... Placed third in the 200 at the Bison Outdoor Classic, also placed sixth in the 100 at Bucknell. || **2012 Indoor** || Earned fifth-place finishes in the 200 and 4x400 at the Penn State Relays, clocking an indoor PR 21.59 in the 200 ... Won the 400 at the Nittany Lion Challenge in 47.76 ... Clocked a lifetime-best 47.08 to finish first in the 400 at the Sykes & Sabock Challenge Cup ... Was on the winning 4x400 at the Penn State National ... Matched his own 200 PR (21.59) to finish second at the PSU National. || **2011 Outdoor** || Led off the Nittany Lions' fifth-place and school-record 4x400 at Florida Relays ... Team ran 3:07.19 ... Ran a PR 21.61 for the 200 at the Auburn War Eagle Invitational ... Also ran a season-best 48.06 in the 400 at Auburn ... Ran on fifth-place relays at both the Auburn War Eagle Invitational and Jesse Owens Classic ... Placed seventh in the 200 and 10th in the 400 at the George Mason Spring Invitational. || **2011 Indoor** || Clocked a career-best 47.71 to finish fourth in the 400 at the Sykes-Sabock Challenge Cup ... Ran 21.80 to placed third in the 200 at Sykes-Sabock, and ran on the second-place 4x400 ... Won the 400 at the Nittany Lion Challenge, to go along with a victory in the 4x400 and a third-place finish in the 200 ... Ran on the second-place DMR (9:35.68) at the Flotrack Husky Classic ... Was a member of the winning 4x400 at the PSU National. || **2010 Seasons** || Redshirted the 2010 indoor and outdoor seasons. || **High School** || Ran on the Altoona 4x400 that placed sixth in the Championship of America section at Penn Relays ... Was also a member of Altoona's seventh-place 4x100 at Penn ... Won PA state titles on the 4x100 and 4x400 as a senior ... Ran legs on the runner-up 4x400 and bronze-medal 4x100 at Nike Outdoor Nationals ... Runner-up in the 400 at the PTFCA Indoor Championships as a junior and a senior ... Finished second in the 200 at the PIAA Championships as a junior ... District VI runner up in the 100, bronze medalist in the 200, and district champion in the 4x100 and 4x400 as a senior. || **Personal** || Born January 4, 1991 in Altoona, Pa. ... Son of Michael and Susie Nadolsky ... Majoring in Communication Arts and Sciences.



Michael McCLELLAND

Junior • Junior-Sophomore
Washington, Pa.

JUMPS

McClelland's Collegiate Personal Bests

	Indoor	Outdoor
High Jump	7-1 (2.16)	6-8.25 (2.04)

At the Big Ten Championships ... || **2013 Indoor** || Placed 10th in the high jump with a clearance of 6-9 (2.06). || **2012 Outdoor** || Competed in the high jump. || **2012 Indoor** || Placed 18th overall in his first Big Ten competition.

In the Field ... || **2013 Outdoor** || Redshirted the outdoor campaign. || **2013 Indoor** || Bettered the seven-foot barrier at the Nittany Lion Challenge, clearing 7-1 (2.16) ... Clearance was good for third in the competition ... Also finished third at the Penn State National ... Cleared 6-11 (2.11) to finish seventh at the Sykes & Sabock Challenge Cup ... Placed ninth at the SPIRE D-I Invitational. || **2012 Outdoor** || Top clearance was 6-8.25 (2.04) to finish second at the Bison Outdoor Classic ... Finished fifth at the Jim Thorpe Open. || **2012 Indoor** || Best finish was a fourth-place showing at the Akron Invitational ... Cleared a season-best 6-7.50 (2.02) at the Sykes & Sabock Challenge Cup. || **High School** || Came out of high school with a personal-best clearance of 6-10 in the high jump ... Was



the 2011 PTFCA Indoor Champion in the event ... Won a District VII AAA title as a senior, and was a three-time PIAA state qualifier. || **Personal** || Son of Jim and Kelly McClelland ... Born July 20, 1993 ... Enrolled in the College of Liberal Arts.



Jarred POSEY
Sophomore • Sophomore
York, Pa.
JUMPS

Posey's Collegiate Personal Bests

	Indoor	Outdoor
Triple Jump	47-0.25 (14.33)	46-4 (14.12)

At the Big Ten Championships ... || 2013 Outdoor || Finished 16th in the triple jump. || **2013 Indoor ||** Placed 14th in the triple jump in his first-career Big Ten appearance.

In the Field ... || 2013 Outdoor || Top triple jump finish was a third-place effort at the Jim Thorpe Open ... Place fifth at the Bucknell Team Challenge, and seventh at the LSU Battle on the Bayou. || **2013 Indoor ||** Finished third in the triple jump at the Nittany Lion Challenge ... Placed eighth at the Sykes & Sabock Challenge Cup ... Also competed at the PSU National and SPIRE D-I Invitational. || **High School ||** Won the triple jump at the 2012 PTFCA Indoor State Championship with a leap of 48-2.75 ... Triple jump PR ranked second in the state of Pennsylvania and 10th nationally during the 2012 indoor season ... Was the outdoor state runner-up in the triple jump as a junior ... Went on to place eighth in the event at New Balance Outdoor Nationals in 2011 ... Placed seventh in the Penn Relays triple jump final junior year. || **Personal ||** Son of Latonya and Garry King ... Birthday is June 9, 1994.



Alex SHISLER
Sophomore • Sophomore
State College, Pa.
SPRINTS • RELAYS

Shisler's Collegiate Personal Bests

	Indoor	Outdoor
200m	22.41	21.87
400m	48.80	47.44
600m	1:19.23	***

On the National Stage ... || 2013 Outdoor || Was a member of the Lions'

season-best 4x400, that ran 3:06.21 at Penn Relays ... The foursome won the IC4A title at Penn.

At the Big Ten Championships ... || 2013 Outdoor || Competed in the 400. || **2013 Indoor ||** Placed 14th in the 600 in his first-career attempt at the event ... Clocked 1:19.23 in the prelims.

Around the Track ... || 2013 Outdoor || Placed eighth in the 400 at the LSU Battle on the Bayou with a lifetime-best 47.44 ... Was also a member of the fourth-place 4x400 at LSU ... Finished second in the 200 at the Jim Thorpe Open. || **2013 Indoor ||** Was on the winning 4x400 at the Nittany Lion Challenge ... Placed fourth in the 400 at both the Nittany Lion Challenge and Sykes & Sabock Challenge Cup ... Finished eighth in the 200 in his collegiate debut at the Penn State Relays. || **High School ||** Placed fourth in the 400 at the PIAA Outdoor Championships as a senior ... Won District 6 titles in both the 200 and 400 in 2012 ... Ran a 400 PR of 48.49 at the District meet ... Finished fifth in the 400 at the 2012 PTFCA Indoor State Championships ... Clocked a personal-best 21.94 in the 200 to win the West Central Coaches Invitational ... Also won the 400 at the same competition ... Was also the District 6 400 Champion as a junior. || **Personal ||** Son of Steve and Beth Shisler – both former Nittany Lion track and field standouts and school record holders ... Birthday is November 26, 1993.



Michael SHUEY
Sophomore • Sophomore
Johnsonburg, Pa.
THROWS

Shuey's Collegiate Personal Bests

	Indoor	Outdoor
Javelin	***	230-6 (70.27)

On the National Stage ... || 2013 Outdoor || Earned USTFCCCA Honorable Mention All-America status after placing 24th in the javelin at the NCAA Outdoor Championships ... Finished sixth in the javelin at the USATF Junior Championships ... Launched a lifetime-best 230-6 (70.27) at the NCAA Eastern Preliminary Round ... The throw is the sixth-best performance in the Penn State record books.

At the Big Ten Championships ... || 2013 Outdoor || Made a trip to the medal stand thanks to a third-place finish in the javelin ... Posted a toss of 227-11 (69.47) at the conference meet.

In the Field ... || 2013 Outdoor || Proved himself against some of the nation's top competition to start the season, placing second at both the Crimson Tide Invitational, and the LSU Battle on the Bayou ... Won the javelin at the Jim Thorpe Open ... Finished fourth in the "Championship" section at Penn Relays. || **High School ||** Was the number-three ranked javelin thrower in the country as a senior with a throw of 212-2 ... Won the javelin at New Balance Outdoor Nationals in 2012 ... Was the PIAA State Champion in the javelin as a senior with a toss of 200-1 ... Also competed in the high jump at the state meet ... Placed second in the javelin at the World Youth Trials in 205-3 ... Also made the state meet in the high jump and javelin in 2011. || **Personal ||** Son of Bill and Donna Shuey ... Birthday is February 2, 1994.



2013-14 MEN'S RETURNERS



Nick SCARPELLO

Senior • Senior
Jamison, Pa.

DISTANCE • CROSS COUNTRY

Scarpello's Collegiate Personal Bests

	Indoor	Outdoor
1500m	***	3:51.76
Mile	4:09.11	***
3000m	8:10.00	***
5000m	14:39.89	14:23.08
3K Steeple	***	9:08.11

On the National Scene ... || 2012 Cross Country || Was the Lions' third man at the NCAA Mid-Atlantic Regional, placing 28th overall in 31:09 for 10K. **|| 2011 Cross Country ||** Was the Nittany Lions' fifth man at the Mid-Atlantic Regional, placing 38th overall. **|| 2010 Cross Country ||** Placed 40th overall, and fifth for the Nittany Lions at the NCAA Mid-Atlantic Regional, helping the squad to a fourth-place finish and NCAA berth ... Placed 193rd in team scoring and fifth for Penn State at the NCAA Cross Country Championships as the only freshman in the Nittany Lion lineup.

At the Big Ten Championships ... || 2013 Outdoor || Placed 14th in the steeplechase. || 2013 Indoor || Won the unseeded 5K section and finished 20th overall in 14:39.89. **|| 2012 Outdoor ||** Competed in the steeplechase. **|| 2011 Cross Country ||** Finished 52nd overall as the Lions' number five runner. **|| 2011 Outdoor ||** Placed 15th in the 3,000-meter steeplechase. **|| 2011 Indoor ||** Finished 16th in the mile run in 4:16.66. **|| 2010 Cross Country ||** Placed 56th overall as Penn State seventh finisher at the Big Ten Championships.

On the Course ... || 2012 Cross Country || Placed third at the Dolan Duals ... Was Penn State's top finisher at the Adidas Wisconsin Invitational in 128th overall ... Placed 16th at the Harry Groves Spiked Shoe Invitational ... Was in the Nittany Lion top five in all six races in 2012. **|| 2011 Cross Country ||** A member of the Nittany Lion top seven in six races ... Placed fifth at the Lock Haven Dolan Duals and 24th at the Penn State National. **|| 2010 Cross Country ||** Posted an impressive rookie campaign, finishing in the Nittany Lion top seven in five competitions ... Highest individual finish was 11th at the Lock Haven Dolan Duals ... Placed 56th at the Harry Groves Spiked Shoe Invitational, and 67th at the Penn State National ... Also competed at the Roy Griak and Notre Dame Invitationals.

Around the Track ... || 2013 Outdoor || Finished seventh in his 5K section at the Stanford Invitational, running 14:23.08 ... Took fourth in the 3K and fifth in the 1500 at the LSU Battle on the Bayou ... Ran a PR 9:08.11 for the steeplechase at Penn Relays. **|| 2013 Indoor ||** Won the mile at the Nittany Lion Challenge in 4:11.87 ... Clocked a lifetime-best 8:10.00 in the 3K at the Husky Classic at Washington. **|| 2012 Outdoor ||** Won the steeplechase at the Bucknell Team Challenge ... Competed in the 5000 at Penn Relays. **|| 2012 Indoor ||** Did not compete. **|| 2011 Outdoor ||** Ran a PR 3:51.76 for the 1500 at the George Mason Spring Invitational ... Ran a career-best 9:12.58 to finish seventh in the steeplechase at the Jesse Owens Classic ... Ran a career-best 14:26.76 to place fourth in the 5K at Florida Relays ... Finished fourth in the 1500 at the Jim Thorpe Open and sixth at the Auburn War Eagle Invitational. **|| 2011 Indoor ||** Clocked a career-low 4:09.11 to place sixth in the mile at the Penn State National ... Placed second in the 3,000-meters at the Nittany Lion Challenge in 8:20.44 ... Ran on the winning 4xMile at the Penn State Relays ... Post

an effort of 4:09.62 for the mile at the Flotrack Husky Classic. **|| High School ||** Placed 15th as an individual at the 2009 PIAA Cross Country Championships ... Took sixth overall at the District I Championships as a senior ... Also qualified for the state meet as a junior ... Finished fourth in the mile run at the PTFCA Indoor State Championships. **|| Personal ||** Son of Beth and Jerome Scarpello ... Born December 20, 1991 ... Majoring in Advertising and Public Relations.



Za'Von WATKINS

Sophomore • Sophomore
Liverpool, N.Y.

MID-DISTANCE • CROSS COUNTRY

Watkins' Collegiate Personal Bests

	Indoor	Outdoor
800m	1:48.95	1:49.50
1000m	2:22.02	***
1500m	***	3:50.05
4x800m	7:21.37, SR	7:14.14
DMR	9:26.60, SR	***

On the National Stage ... || 2013 Outdoor || Was a member of the Nittany Lions' "Championship of America" winning 4x800 at Penn Relays ... Split 1:48.22 on the second leg to help the Nittany Lions to a finishing time of 7:14.14 ... Advanced to the NCAA Eastern Preliminary Round in the 800, qualifying through the first round and finishing 23rd in the quarterfinals. **|| 2013 Indoor ||** Ran the 800-meter leg on the Nittany Lions' NCAA runner-up DMR, earning All-America honors ... Also ran the 800 on Penn State's school-record 9:26.60 DMR at the Alex Wilson Invitational ... The performance was the second-fastest ever run by a collegiate team indoors ... Was also a member of the winning 4x800 at the Millrose Games, where the team set school, facility, and meet records in the event at 7:21.37.

At the Big Ten Championships ... || 2013 Outdoor || Finished 13th overall in the 800 in 1:51.09. **|| 2013 Indoor ||** Posted a scoring finish in the 800, taking third-place overall in 1:50.32 to join teammate and event champion Brannon Kidder on the medal stand.

Around the Track ... || 2013 Outdoor || Finished second in his section of the 800 at the Mt. SAC Relays (1:50.18) ... Placed sixth in the 800 at the Crimston Tide Invitational, thanks to a season-best 1:49.50. **|| 2013 Indoor ||** Opened up the season in impressive fashion, running 2:22.02 to finish second in the 1000 at the Nittany Lion Challenge ... Placed third in the 800 at the PSU National in 1:49.03 ... Finished second in the 800 at the Sykes & Sabock Challenge Cup, going 1:49.41 ... Ran an indoor PR 1:48.92 at the Alex Wilson Last Chance. **|| High School ||** Only of the most highly-touted middle distance athletes in the high school ranks ... Was the number-one ranked high schooler in the 1000 meters as a junior (2:26.13) ... Ran 1:19.20 for 600 in 2012 – the second-fastest effort nationally, and 10th-best performance in the all-time high school record book ... Finished second at New Balance Indoor Nationals with a sizzling 1:50.11 – the third-fastest time ever run by a prep indoors ... Placed second at New Balance Outdoor Nationals two years in-a-row, running a PR 1:49.70 in 2011 ... Turned heads at New Balance Nationals in 2010, splitting 1:47.99 on Liverpool's 4x800 ... Was continually impressive at the New Balance National meet, splitting 1:48.85 as a junior on the anchor of the sprint medley and clocking 1:48.05 on the SMR ... Won the 1500 at the prestigious Millrose Games as a senior ... Won the 1000 at the



NYSPHSAA Indoor State Championships as a sophomore and again as a senior ... Won the 800 at the NY Outdoor State Meet senior year, also finished second in the 1600 in 4:07.24 – the sixth ranked time in the country in 2012 ... Also won the 800 and placed second in the 1600 at NY States as a junior ... Placed third in the 800 at the Brooks PR Meet in 2012 ... Also played quarterback at Liverpool. || **Personal** || Son of Edward Watkins ... Born October 24, 1993.



Dylan BILKA
Junior • Junior
Seven Fields, Pa.
POLE VAULT

Before Penn State ... || PSU-Behrend || An NCAA qualifier at Penn State-Behrend ... Finished ninth in the pole vault at the NCAA Division III Championships last spring ... Was the ECAC D-III Champion in 2013 ... Owns a PR of 16-6.75 (5.05). ||**High School** || Placed third in the pole vault at the 2011 PIAA Championships as a senior at Seneca Valley High School. || **Personal** || Son of James and Carmen Bilka.



Jon COLWELL
Freshman • Freshman
Reedsville, Pa.
DISTANCE • CROSS COUNTRY

Before Penn State ... || High School || A three-time PIAA qualifier in cross country and two-time state qualifier on the track ... Was a three-time District 6 Champion in as a senior, winning the District title in cross country and picking up victories in both the 1600 and 3200 during the outdoor season ... Has already enjoyed success on the Penn State campus, winning the 3000 at the 2013 Kevin Dare HS Invitational ... Would go on to place sixth in the event at the 2013 PTFCA Indoor State Championships, thanks to a PR effort of 8:41.99. || **Personal** || Son and Mark and Jen Colwell ... Birthday is April 19, 1995.

Colwell's Personal Bests	
1600m	4:19.57
3000m	8:41.99



Jordan CRAWFORD
Freshman • Freshman
Lemoyne, Pa.
DISTANCE • CROSS COUNTRY

Before Penn State ... || High School || A two-time PIAA state qualifier in cross country while competing for Cedar Cliff High School ... Finished second at the Cumberland County Cross Country Championships and went on to a 10th-place finish at the PIAA District 3 Championships as a senior. || **Personal** || Son of Lionel and Heather Crawford ... Birthday is April 29, 1995.

Crawford's Personal Bests	
1600m	4:25.97
3200m	9:32.35



Ean DiSILVIO
Freshman • Freshman
Pittsburgh, Pa.
DISTANCE • CROSS COUNTRY

Before Penn State ... || High School || A two-time PIAA state qualifier on the track ... Picked up a pair of victories at the PIAA District 8 AAA Championships as a senior, winning both the 1600 and 3200 ... Placed 18th in the 3200 at the 2013 PIAA Outdoor Championships ... Also a three-time state qualifier as well as a two-time District 8 Champion in cross country ... Finished 21st as a junior, and 25th as a senior at the state level. || **Personal** || Son of Caesar and Ilene DiSilvio ... Birthday is July 25, 1995.

DiSilvio's Personal Bests	
1600m	4:26.01
3200m	9:36.71



2013-14 MEN'S NEWCOMERS



Kory DeCESARIS

Freshman • Freshman
Danielsville, Pa.

THROWS

Before Penn State ... || High School || won the shot put at the PIAA District 11 AAA Championships this spring, and would go on to finish eighth in the event at the PIAA Outdoor Championships ... Had a highly successful outing at the Colonial/Lehigh League Championships as a senior, winning the shot, and placing third in both the discus and the javelin. **|| Personal ||** Son of Mike and Donna DeCesaris ... Birthday is August 24, 1995.

DeCesaris' Personal Bests

Shot Put	55-8
Discus	145-4
Javelin	175-7

110-meter hurdles ... Owns a lifetime-best 49.57 in the 400 ... Also competed in the 300-meter hurdles as a prep, running 39.82. **|| Personal ||** Son of Alice and Rich Gaibler ... Birthday is May 15, 1995.

Gaibler's Personal Bests

400m	49.57
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Curtis JEWETT

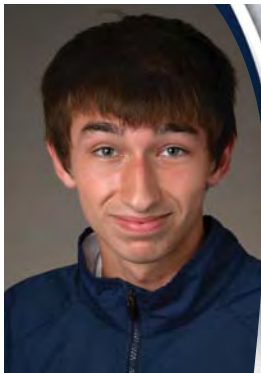
Freshman • Freshman
Rome, Pa.

DISTANCE • CROSS COUNTRY

Before Penn State ... || High School || Joins the Nittany Lions this fall after capturing top honors in the AA 800 at the 2013 PIAA Outdoor Championships ... Enjoyed some outstanding finishes as a senior, placing second in the "Emerging Elite" boys mile at the New Balance Indoor Nationals, and finishing eighth in the event at the prestigious Penn Relays Carnival ... A multiple-time PIAA District 4 Champion, and a standout at the state level over the past several seasons ... Finished fourth at the PIAA A Cross Country Championships as a senior, helping his Northeast Bradford teammates to a state title ... Was also the PIAA AA runner up in the 1600 as a junior. **|| Personal ||** Son of Tracy and Lori Jewett ... Birthday is July 14, 1994.

Jewett's Personal Bests

800m	1:57.64
1600m	4:16.03
3200m	9:33.80



Bobby HILL

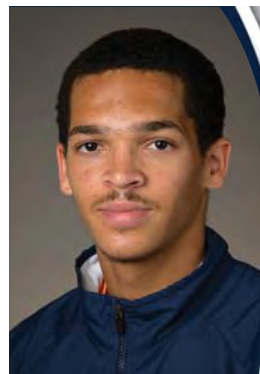
Freshman • Freshman
Wellsboro, Pa.

DISTANCE • CROSS COUNTRY

Before Penn State ... || High School || Excelled during his career at Wellsboro Area, qualifying for the PIAA State Cross Country Championships on two occasions ... Ended his prep competition with an appearance at the outdoor state championships ... Placed seventh at the PIAA State Championships in the 1600 meters as a senior. **|| Personal ||** Son of Robert and Janet Hill ... Birthday is December 9, 1994.

Hill's Personal Bests

1600m	4:19.34
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Johnathon JACOWAY

Freshman • Freshman
Sharon, Pa.

JUMPS

Before Penn State ... || High School || Was a two-event qualifier at the 2013 PIAA Outdoor Championships, placing sixth in the long jump and 10th in the high jump ... Enjoyed outstanding results at the PIAA District 10 Championships as a senior, earning victories in the high jump, long jump, and triple jump ... Made his first-career trip to the PIAA Championships as a junior in 2012, qualifying in the high jump, long jump, and triple jump, with his highest finish coming via a bronze-medal effort in the AA triple jump. **|| Personal ||** Son of Katrina Jacoway ... Birthday is March 15, 1995.

Jacoway's Personal Bests

Long Jump	22-4
Triple Jump	48-4.50



Riley GAIBLER

Freshman • Freshman
Lansdale, Pa.

SPRINTS • RELAYS

Before Penn State ... || High School || Was the SOL Continental Conference Champion in the 400 as a senior, as well as the conference runner up in the




**Ryan
KERR**
Sophomore • Freshman
Brookville, Pa.
THROWS

Before Penn State ... || High School || A transfer from Nebraska ... Will join Nittany Lions this fall with all four years of eligibility remaining ... Capped his high school career with third-place finishes in the javelin

Kerr's Personal Bests	
Javelin	207-2

at both the PIAA Outdoor Championships and New Balance Outdoor Nationals ... A three-time state qualifier in track and field, and a multiple-time District 9 Champion ... Owns a lifetime-best toss of 207-2 ... was ranked as a top five thrower in Pennsylvania as

a senior, along with rising Nittany Lion sophomore and NCAA qualifier Michael Shuey (Johnsonburg, Pa.). || **Personal** || Son of Blane Kerr ... Birthday is September 22, 1993.



**Jack
MILLER**
Freshman • Freshman
Bay Village, Ohio
DISTANCE • CROSS COUNTRY

Before Penn State ... || High School || Enjoyed an outstanding career at St. Ignatius, ending with a 10th-place finish in the 3200m at the Ohio State Championships as a senior ... Was a two-time state qualifier in cross country, posting a 13th-place finish as a senior in 2012 ... Finish helped propel St. Ignatius to a third-place finish in the team standings. || **Personal** || Son of Gregory and Helen Miller ... Birthday is April 27, 1995.

Miller's Personal Bests	
1,600m	4:25.34
3,200m	9:22.41



**Cody
MINNIG**
Freshman • Freshman
Levittown, Pa.
SPRINTS • JUMPS

Before Penn State ... || High School || Was the No. 6 ranked Pennsylvania prep in the 100 meters in 2013 (10.73) ... Placed fifth-place finish at the PIAA Outdoor Championships ... Was just as successful at the PFTCA State Championships during his senior indoor season, finishing second in the 60, third in the long jump, and fifth in the 200 ... Was a double winner at the Kevin Dare Invitational in 2013, taking titles in the 60 and the long jump ... Will likely compete in both the sprints and jumps for the Nittany Lions, coming to Happy Valley with an impressive PR of 23-8 in the long jump - the top-rated mark in the Pa. indoor ranks in 2012. || **Personal** || Son of Jack and Lisa Minnig ... Birthday is December 25, 1994.

Minnig's Personal Bests	
60m	6.91
100m	10.73
200m	21.97
Long Jump	23-8



**Will
POPE**
Freshman • Freshman
South Salem, Pa.
THROWS

Before Penn State ... || High School || Made his mark on the New York high school scene as a student at Iona Prep, finishing second in the discus and third in the shot put at the 2013 NYSPHSAA State Championships ... Also fared well against top competition at the Eastern States Championships as a senior, placing second in both the shot and the discus ... Was equally as successful during the indoor season, taking second at the NY State Indoor Championships ... Came on the radar as a junior, after taking top honors in the Emerging Elite section of the shot at the 2013 New Balance Outdoor Nationals. || **Personal** || Son of Chris and Shelly Pope ... Birthday is March 4, 1995.

Pope's Personal Bests	
Shot Put	59-11.5
Discus	167-2



2013-14 MEN'S NEWCOMERS



Austin **PONDEL**

Freshman • Freshman
Corry, Pa.

DISTANCE • CROSS COUNTRY



Connor **QUINN**

Freshman • Freshman
Horsham, Pa.

DISTANCE • CROSS COUNTRY

Before Penn State ... || High School || A Footlocker National qualifier in 2013 ... Posted an individual victory at the District 10 Cross Country Championships in 2012 ... Captured all-state honors, thanks to a third-

Ponder's Personal Bests	
3200m	9:33.80

place finish at the PIAA AAA Championships ... Posted an impressive winning streak as a senior, winning all eight of his cross country competitions up until the state championships ... Was also the 2013 District 10

Champion in the 3200, and would qualify for the state meet in the event. **|| Personal ||** Son of Ed and Sally Ponder ... Birthday is May 12, 1995.

Before Penn State ... || High School || The PIAA AAA State Cross Country Champion in 2011 ... Posted an outstanding career at Hatboro-Horsham, as a two-time state qualifier in both cross country and track and field

Quinn's Personal Bests	
1600m	4:21.50
3000m	8:34.78
3200m	9:17.83

... Capped his high school career with a ninth-place finish in the 3200 meters at the 2013 PIAA State Outdoor Championships ... Also qualified to compete in the elite Penn Relays 3000-meter race in 2013, where he would finish 15th

overall. **|| Personal ||** Son of Jim and Theresa Quinn ... Birthday is August 6, 1994.



Cole **PROFFITT**

Freshman • Freshman
Manheim, Pa.

THROWS



Brad **RIVERA**

Freshman • Freshman
Bensalem, Pa.

MID-DISTANCE • CROSS COUNTRY

Before Penn State ... || High School || One of the most outstanding javelin throwers in the Northeast over the past several seasons ... Was the 2013 PIAA State Champion in the javelin, after earning runner-up honors as a junior in 2012 ... 205-11 PR was the ninth-best performance in the country in 2013, as well as the second-farthest toss in the Pennsylvania prep ranks ... Has also fared well against national competition, placing fourth at New Balance Outdoor Nationals in 2012 ... Penn Relays javelin champion in 2013. **|| Personal ||** Birthday is April 28, 1994.

Proffitt's Personal Bests	
Javelin	205-11

Before Penn State ... || High School || Was in top form during his senior year at Bensalem High School, winning the 800 at the 2013 PTFCA Indoor State Championship, thanks to a lifetime-best

Rivera's Personal Bests	
800m	1:52.43
1000m	2:29.38

1:52.43 at Ashenfelter III Indoor Track ... The effort was not only good for a state championship, but also the best in the Pennsylvania prep ranks during the indoor season, and a top 15 time nationally in 2013 ... Followed up with a runner-up standing in the half mile at the PIAA Outdoor Championships ... Turned in several outstanding finishes as a senior, taking first in the 800 at the SOL National Conference Championships, and second at the District I Championships. **|| Personal ||** Son of Kim and Ron Rivera ... Birthday is April 16, 1994.




**Byron
ROBINSON**
Freshman • Freshman
Chesapeake, Va.
SPRINTS • HURDLES • RELAYS

Before Penn State ... || High School || Will be a welcome addition to the Nittany Lions' already stacked sprints contingent, boasting PRs of 10.69 for the 100 meters, 21.09 for the 200, and 47.29 for the open 400 ... Also a talented hurdler, arriving in Happy Valley with lifetime-bests of 14.66 for the 110s, 36.61 for the 300 hurdles (2013 US, No. 5), and 51.01 in the 400 hurdles (2013 US, No. 4) ... Was named the All-MileStat.com Outdoor Track & Field Boys Hurdler of the Year in 2013, and was also recognized as the top performer in the indoor 500 meters as a senior ... 500 PR of 1:04.37 was the No. 3 performance in the country in 2013 ... a two-event winner at New Balance Outdoor Nationals in 2013, running as a member of the winning 1000-meter sprint medley, and anchoring Western Branch's 3:11.09 effort to win the Championship 4x400 ... Was highly impressive in the final, splitting 46.0, officially. **|| Personal ||** Birthday is May 10, 1995.

100m	10.69
200m	21.09
300m	34.32
400m	47.29
500m	1:04.37
110mH	14.66
300mH	36.61
400mH	51.01



**Steve
WAITHE**
Junior • Junior
Parkville, Md.
JUMPS

Before Penn State ... || Shippensburg University || A transfer from Shippensburg University ... Comes to Penn State with two years of NCAA success under his belt, including a trio of All-America efforts at the Division II level ... Was a perfect four-for-four in conference triple jump title while competing in the PSAC ... Also competed at the IAAF World Junior Championships in 2012 ...

Long Jump	23-0.75 (7.03)
Triple Jump	52-1.75 (15.89)

Set school records in both the indoor and outdoor triple jumps, including a leap of 51-6.50 (15.71) during the outdoor season in 2012. **|| High School ||** Attended Loch Raven High School, where he was the Maryland State Champion in the triple jump as a prep ... Owns a lifetime-best triple jump of 52-1.75 (15.89). **|| Personal ||** Son of Ann Marie and Steve Waithe ... Birthday is January 7, 1993.



**Brandon
TERIBERY**
Freshman • Freshman
Bradford, Pa.
POLE VAULT

Before Penn State ... || High School || A three-time PIAA District 9 Champion in the pole vault ... Enjoyed an outstanding senior season in the field, finishing 11th in the vault at the Penn Relays Carnival ... Was also a two-time PIAA State qualifier as a prep, with his highest finish coming with a fifth-place standing at the state meet in 2011. **|| Personal ||** Son of Kevin and Susan Teribery ... Birthday is February 16, 1994.

Pole Vault	15-0
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**Jon
YOHMAN**
Freshman • Freshman
Wilmington, Pa.
THROWS

Before Penn State ... || High School || The 2013 Gatorade Boys' Track and Field Athlete of the Year in Pennsylvania ... Capped his prep career at Wilmington High School with a PIAA state title in the shot put, to go along with a runner-up effort in the discus ... Has been one-to-watch in Pennsylvania throws for the past several seasons, having won state gold

Shot Put	62-1
Discus	189-6

in the discus as a junior in 2012, and finished second in the shot at the same competition ... Also finished seventh in the shot at Penn Relays as a senior, ranked first in Pennsylvania in 2013 with a PR 62-1 in the shot. He also ranked third in the discus among Pa. preps at 189-6. **|| Personal ||** Son of Julia and Paul Yohman ... Birthday is August 23, 1994.

HISTORY AND RECORDS





Year	PSU Athlete	Event	Place	Country	Location
1908	Talbot, Lee	Hammer	5th	United States	London
1920	Barron, Harold	110-Meter High Hurdles	2nd	United States	Antwerp
1920	Helfrich, Alan	1600-Meter Relay	*Alternate	United States	Antwerp
1920	Shields, Larry	1500-Meters	3rd	United States	Antwerp
1920	Shields, Larry	3,000-Meter (Team Run)	1st (Team); 8th Individ.	United States	Antwerp
1924	Cox, William	10,000-Meters	Unknown	United States	Paris
1924	Cox, William	3,000-Meter (Team Run)	3rd (Team)	United States	Paris
1924	Moore, Charles	110-Meter High Hurdles	*Alternate	United States	Paris
1924	Romig, John	5,000-Meters	4th	United States	Paris
1924	Studenroth, Arthur	5,000-Meters	6th	United States	Paris
1928	Bates, Al	Long Jump	3rd	United States	Amsterdam
1928	Romig, John	10,000-Meters	Unknown	United States	Amsterdam
1932	Rekers, Paul	5,000-Meters	12th	United States	Los Angeles
1940	Ewell, Barney	Sprints	Honorary Olympian	United States	Tokyo
1940	Vukmanic, Nick	Javelin	Honorary Olympian	United States	Tokyo
	** Tokyo Games cancelled due to World War II				
1948	Ewell, Barney	100-Meters	2nd	United States	London
1948	Ewell, Barney	200-Meters	2nd	United States	London
1948	Ewell, Barney	4x100-Meter Relay	1st	United States	London
1948	Goffberg, Herman	10,000-Meters	DNF	United States	London
1948	Ashenfelder, Horace	10,000-Meters	6th	United States	London
1952	Ashenfelder, Horace	3,000-Meter Steeplechase	1st	United States	Helsinki
	*8:45.4 (Olympic Record)				
1952	Ashenfelder, William	3,000-Meter Steeplechase	DNF	United States	Helsinki
1952	Stone, Curt	5,000-Meters	6th (Heat)	United States	Helsinki
1952	Stone, Curt	10,000-Meters	15th	United States	Helsinki
1952	Werner, Chick	Assistant Coach	***	United States	Helsinki
1956	Ashenfelder, Horace	3,000-Meter Steeplechase	6th (Heat)	United States	Stockholm
1956	Stone, Curt	5,000-Meters	6th (Heat)	United States	Stockholm
1960	Moran, Ed	1,500-Meters	*Alternate	United States	Rome
1968	Hedmark, Lennart	Decathlon	11th	Sweden	Mexico City
1968	Reilly, Bill	3,000-Meter Steeplechase	5th (Heat)	United States	Mexico City
1972	Hayden, Steve	50K Walk	27th	United States	Munich
1972	Hedmark, Lennart	Decathlon	DNF	Sweden	Munich
1972	Sands, Mike	100-Meters	6th (Heat)	Bahamas	Munich
1972	Sands, Mike	200-Meters	5th (Heat)	Bahamas	Munich
1972	Sands, Mike	4x100-Meter Relay	6th (Heat)	Bahamas	Munich
1976	Hedmark, Lennart	Decathlon	8th	Sweden	Montreal
1976	Hjeltnes, Knut	Discus	7th	Norway	Montreal
1976	Jackson, Al	Hammer	*Alternate	United States	Montreal
1976	Sands, Mike	100-Meters	4th (Heat)	Bahamas	Montreal
1976	Sands, Mike	400-Meters	6th (Heat)	Bahamas	Montreal
1976	Sands, Mike	4x100-Meter Relay	*Relay Pool	Bahamas	Montreal
1980	Fredericks, Greg	10,000-Meters	Honorary Olympian	United States	Moscow
	*U.S. boycotted Moscow Olympics				
1980	Hjeltnes, Knut	Discus	7th	Norway	Moscow
1984	Hjeltnes, Knut	Discus	4th	Norway	Los Angeles
1988	Hjeltnes, Knut	Discus	7th	Norway	Los Angeles
1992	Groves, Harry	Assistant Coach	***	United States	Barcelona
1992	Sands, Mike	Head Manager	***	Bahamas	Barcelona
1992	Walsh, Barry	Decathlon	***	Ireland	Barcelona
1996	Hunter, C.J.	Shot Put	7th	United States	Atlanta
2000	Hunter, C.J.	Shot Put	*DQ	United States	Sydney
2004	Alford-Sullivan, Beth	Assistant Coach	***	United States	Athens
2004	Moore, Consuella	4x100-Meter Relay	*Relay Pool	United States	Athens
2008	Augustus, Toyin	100-Meter Hurdles	7th (Heat)	Nigeria/Beijing	
2008	Barber, Aleesha	100-Meter Hurdles	4th (Heat)	Trinidad and Tobago	Beijing
2012	Blake, Dominique	4x400-Meter Relay	*Relay Pool (3rd)	Jamaica	London
2012	Cox, Shana	400 Meters; 4x400m Relay	7th (Semi-Final)	Great Britain	London
2012	Cox, Shana	4x400-Meter Relay	5th	Great Britain	London
2012	Franek, Bridget	3,000-Meter Steeplechase	14th	United States	London
2012	Nieuwendam, Kirsten	200 Meters	8th (Heat)	Suriname	London

YELLOW - Denotes Olympic Gold Medalist
BOLD - Denotes Olympic Medalist



NCAA CROSS COUNTRY HISTORY

ALL-TIME WOMEN'S TEAM FINISHES (NCAA Era - Since 1981)

Year	Team Place	Team Score	Team Finishes	Distance	Host
2012	14th	387 pts	33, 51, 59, 121, 123, 143, 150	6,000-Meters	Louisville
2011	13th	368 pts	10, 39, 85, 93, 141, 167, 173	6,000-Meters	Indiana State
2010	26th	550 pts	82, 96, 106, 124, 142, 154, 167	6,000-Meters	Indiana State
2009	14th	375 pts	24, 69, 77, 90, 115, 163, 168	6,000-Meters	Indiana State
2003	23rd	510 pts	42, 103, 114, 116, 135, 173, 186	6,000-Meters	Northern Iowa
2002	T-25th	568 pts	73, 105, 107, 129, 154, 159, 193	6,000-Meters	Indiana State
1996	11th	270 pts	20, 47, 49, 70, 84, 95, 118	5,000-Meters	Arizona
1994	9th	250 pts	25, 34, 49, 51, 91, 103, 110	5,000-Meters	Arkansas
1993	7th	226 pts	31, 33, 50, 51, 61, 70, 119	5,000-Meters	Lehigh
1992	T-6th	179 pts	24, 33, 36, 37, 49, 55, 104	5,000-Meters	Indiana
1991	13th	328 pts	45, 50, 67, 71, 95, 98, 114	5,000-Meters	Arizona
1987	14th	304 pts	28, 54, 63, 76, 83, 94, 104	5,000-Meters	Virginia
1985	10th	253 pts	11, 55, 58, 64, 65, 89, 98	5,000-Meters	Marquette
1984	14th	305 pts	38, 45, 71, 75, 76, 78, 83	5,000-Meters	Penn State
1983	12th	304 pts	47, 50, 58, 74, 75, 82, 88	5,000-Meters	Lehigh
1982	6th	193 pts	20, 23, 41, 47, 62, 68, 77	5,000-Meters	Indiana
1981	10th	249 pts	39, 41, 53, 54, 62, 64, 69	5,000-Meters	Wichita State

ALL-TIME MEN'S TEAM FINISHES

Year	Team Place	Team Score	Team Finishes	Distance	Host
2010	30th	659 pts	52, 77, 171, 179, 180, 189, 193	10,000-Meters	Indiana State
2008	25th	547 pts	64, 93, 112, 118, 160, 173, 194	10,000-Meters	Indiana State
1994	8th	250 pts	35, 41, 46, 60, 68, 125, 143	10,000-Meters	Arkansas
1993	14th	311 pts	18, 43, 73, 87, 90, 92, 109	10,000-Meters	Lehigh
1991	10th	286 pts	18, 36, 69, 73, 90, 107, 124	10,000-Meters	Arizona
1987	12th	304 pts	3, 29, 49, 90, 133, 143	10,000-Meters	Virginia
1986	17th	358 pts	21, 64, 82, 93, 98, 118, 122	10,000-Meters	Arizona
1984	21st	403 pts	57, 60, 69, 104, 113, 122, 142	10,000-Meters	Penn State
1981	14th	379 pts	4, 68, 79, 104, 124, 139	10,000-Meters	Wichita State
1980	3rd	153 pts	5, 12, 18, 52, 66, 91, 106	10,000-Meters	Wichita State
1979	3rd	186 pts	15, 27, 41, 46, 57, 68, 82	10,000-Meters	Lehigh
1978	4th	220 pts	7, 38, 42, 52, 81, 88, 94	10,000-Meters	Wisconsin
1977	12th	346 pts	26, 55, 74, 92, 99, 100, 188	10,000-Meters	Washington State
1976	13th	410 pts	18, 45, 68, 108, 171, 204	10,000-Meters	North Texas
1975	4th	256 pts	Team Places Unavailable	6 Miles	Penn State
1974	10th	279 pts	31, 53, 59, 67, 69, 116, 140	6 Miles	Indiana
1973	10th	252 pts	Team Places Unavailable	6 Miles	Washington State
1972	12th	326 pts	23, 28, 64, 78, 133, 154	6 Miles	Houston
1971	8th	269 pts	13, 38, 46, 83, 89, 147, 176	6 Miles	Tennessee
1970	13th	420 pts	3, 43, 89, 136, 149, 187, 214	6 Miles	William and Mary
1969	10th	352 pts	27, 63, 70, 92, 100, 144, 150	6 Miles	Manhattan College
1968	14th	319 pts	23, 34, 50, 103, 109, 114, 133	6 Miles	Manhattan College
1962	12th	253 pts	6, 51, 61, 65, 70, 75	4 Miles	Michigan State College
1961	8th	203 pts	16, 19, 47, 55, 66, 70, 80	4 Miles	Michigan State College
1960	4th	104 pts	5, 13, 24, 28, 34, 38, 46	4 Miles	Michigan State College
1959	10th	213 pts	5, 18, 51, 58, 81	4 Miles	Michigan State College
1957	9th	206 pts	9, 34, 36, 55, 72	4 Miles	Michigan State College
1956	7th	192 pts	11, 17, 43, 51, 70, 71	4 Miles	Michigan State College
1954	5th	152 pts	12, 14, 38, 42, 46, 67, 91	4 Miles	Michigan State College
1953	4th	97 pts	3, 6, 29, 33, 36, 58, 60	4 Miles	Michigan State College
1952	T-4th	110 pts	6, 19, 24, 28, 33, 56, 61	4 Miles	Michigan State College
1951	4th	122 pts	4, 15, 17, 22, 64, 76	4 Miles	Michigan State College
1950	1st	53 pts	5, 7, 12, 13, 16, 18, 31	4 Miles	Michigan State College
1949	4th	93 pts	10, 11, 13, 29, 30, 34, 41	4 Miles	Michigan State College
1948	4th	118 pts	18, 21, 25, 26, 28, 36, 46	4 Miles	Michigan State College
1947	1st	60 pts	1, 3, 13, 17, 26, 45, 46	4 Miles	Michigan State College
1946	3rd	114 pts	2, 6, 14, 34, 58, 81, 108	4 Miles	Michigan State College
1942	T-1st	57 pts	4, 6, 7, 11, 29, 42, 46	4 Miles	Michigan State College
1941	2nd	110 pts	11, 15, 27, 28, 29, 56, 66	4 Miles	Michigan State College

CROSS COUNTRY ALL-AMERICANS



WOMEN'S NCAA ALL-AMERICANS

Year	Athlete	Place
2011	Caitlin Lane	16
2009	Bridget Franek	26
2008	Bridget Franek	23
2000	Susanne Heyer	14
1996	Kim McGreevy	27
1994	Kim Kelly	25
1992	Kim Kelly	27
1988	Stacy Prey	31
1985	Stacy Prey	23
1982	Doreen Startare	20
1979*	Heather Carmichael	8
1979*	Kathy Mills	4
1978*	Kathy Mills	3
1977*	Kris Bankes	15
1977*	Kathy Mills	1
1976*	Kathy Mills	3
1975*	Liz Cunningham	12
1975*	Liz Berry	15
1975*	Kris Bankes	3

* Denotes finish from "Pre-NCAA" era.

MEN'S NCAA ALL-AMERICANS (Continued)

Year	Athlete	Place
1959	Dick Engelbrink	7
1957	Fred Kerr	13
1953	Bob Hollen	6
1953	Lamont Smith	13
1952	Bob Hollen	7
1951	Bill Ashenfelter	4
1950	Bill Ashenfelter	8
1950	Bob Freebairn	11
1949	Bill Ashenfelter	13
1949	Bob Freebairn	14
1947	Gerry Karver	6
1947	Horace Ashenfelter	2
1946	Curt Stone	2
1946	Gerry Karver	7
1942	Curt Stone	6
1942	Gerry Karver	8
1942	McLain Smith	12
1942	Norm Gordon	4
1941	Norm Gordon	11
1940	Bill Smith	7
1939	Bill Smith	5

MEN'S NCAA ALL-AMERICANS

Year	Athlete	Place
2006	Dan Mazzocco	31
2005	Dan Mazzocco	43
1993	Jake Bartholomy	29
1991	Mark Wimmer	26
1989	Steve Brown	20
1989	Doug Walter	41
1988	Brian Laird	13
1987	Eric Carter	4
1985	Eric Carter	9
1981	Alan Scharsu	5
1980	Alan Scharsu	6
1980	John Zishka	22
1980	Larry Mangan	14
1979	Alan Scharsu	19
1979	John Ziegler	34
1978	Bob Snyder	9
1977	Bob Snyder	9
1976	George Malley	20
1975	George Malley	17
1975	Paul Stemmer	5
1974	George Malley	39
1973	Charlie Maguire	23
1971	Greg Fredericks	20
1970	Greg Fredericks	4
1962	Howie Deardoff	8
1960	Jerry Norman	6



NCAA CROSS COUNTRY HISTORY

Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1981	43	39	Carmichael, Heather	17:29	1992	27	24	Kelly, Kim	17:56	2008	23	IND	Franek, Bridget	20:31
1981	51	41	Murnane, Patty	17:34	1992	42	33	Hunt, Kelli	18:10					
1981	69	53	Startare, Doreen	17:58	1992	48	36	Glyde, Colleen	18:13	2009	26	24	Franek, Bridget	20:35
1981	70	54	Purcell, Monique	17:59	1992	49	37	Kelly, Kris	18:14	2009	86	69	Lane, Caitlin	21:11
1981	82	62	Ihrig, Carolyn	18:16	1992	65	49	Minard, Meira	18:21	2009	94	77	Lord, Nicole	21:16
1981	84	64	Gerken, Heidi	18:19	1992	73	55	Weaver, Jennifer	18:24	2009	111	90	Spring, Cheryl	21:23
1981	90	69	Miley, Sue	18:31	1992	134	104	Hohnka, Mary	19:06	2009	142	115	Millhouse, Kara	21:35
										2009	200	163	Ridder, Brooklyne	22:05
1982	28	20	Startare, Doreen	17:38	1993	44	31	Hunt, Kelli	17:29	2009	206	168	Bower, Natalie	22:07
1982	31	23	Carmichael, Heather	17:43	1993	46	33	Weaver, Jennifer	17:30					
1982	56	41	Updegrove, Natalie	18:05	1993	67	50	McCarthy, Candida	17:41	2010	111	82	Ridder, Brooklyne	21:23
1982	64	47	Renzi, Paula	18:13	1993	68	51	Kelly, Kim	17:41	2010	130	96	Lane, Caitlin	21:34
1982	82	62	Purcell, Monique	18:38	1993	79	61	Rutkoski, Jamie	17:51	2010	140	106	Millhouse, Kara	21:40
1982	89	68	Miley, Sue	18:44	1993	93	70	St. John, Erin	17:59	2010	158	124	Bower, Natalie	21:47
1982	98	77	Gerken, Heidi	18:54	1993	149	119	Hohnka, Mary	18:45	2010	180	142	Ryan, Maura	22:05
										2010	192	154	Graybill, Lindsey	22:12
										2010	205	167	Giannotti, Emily	22:18
1983	65	47	Updegrove, Natalie	18:01	1994	35	25	Kelly, Kim	17:46					
1983	69	50	White, Meredith	18:04	1994	46	34	St. John, Erin	17:55					
1983	78	58	Gerken, Heidi	18:13	1994	68	49	Hunt, Kelli	18:11	2011	16	10	Lane, Caitlin	20:03
1983	99	74	Startare, Doreen	18:34	1994	70	51	Kelly, Kris	18:13	2011	59	39	Millhouse, Kara	20:42
1983	100	75	Shafer, Anne	18:35	1994	118	91	Hohnka, Teresa	18:40	2011	112	85	Bower, Natalie	21:08
1983	107	82	Hart, Tammie	18:51	1994	130	103	Harrity, Kim	18:49	2011	123	93	Ridder, Brooklyne	21:12
1983	113	88	Dickstein, Carol	18:55	1994	137	110	Simmonds, Karen	18:54	2011	177	141	Giannotti, Emily	21:38
										2011	203	167	Benson, Abbie	21:45
1984	56	38	Gerken, Heidi	17:26	1995	75	IND	Fidler, Donna	18:21	2011	209	173	Graybill, Lindsey	21:57
1984	64	45	White, Meredith	17:33	1995	91	IND	McGreevy, Kim	18:28					
1984	93	71	Ross, Lisa	18:01						2012	47	33	Perri, Tori	20:21
1984	98	75	Shafer, Anne	18:04	1996	28	20	McGreevy, Kim	18:18	2012	71	51	Simko, Rebekka	20:35
1984	100	76	Renzi, Paula	18:05	1996	66	47	St. John, Erin	18:46	2012	80	59	Ridder, Brooklyne	20:38
1984	102	78	Stearns, Cindy	18:06	1996	68	49	Hohnka, Teresa	18:49	2012	156	121	Bower, Natalie	21:09
1984	107	83	Loht, Holly	18:13	1996	94	70	Fidler, Donna	19:04	2012	159	123	Rodden, Katie	21:10
					1996	111	84	Hohnka, Lou	19:19	2012	180	143	Anderson, Leigha	21:21
1985	23	11	Prey, Stacia	16:57	1996	123	95	Kern, Jill	19:31	2012	188	150	Giannotti, Emily	21:26
1985	76	55	Ross, Lisa	17:44	1996	147	118	Glitz, Allison	19:56					
1985	80	58	Pitcher, Kathy	17:47						Key:				
1985	86	64	Loht, Holly	17:59	1998	150	IND	Davis, Erin	18:40	IND - Denotes Individual Entrant				
1985	87	65	Kuhn, Kathleen	17:59						<i>Italics</i> - Denotes All-America finish				
1985	113	89	Aston, Amy	18:16	1999	94	IND	Bouchard, Stacie	17:59					
1985	122	98	St. Clair, Katherine	18:39						Notes:				
					2000	14	IND	Heyer, Susanne	21:09	* The women's race distance moved from 5,000-meters to 6,000-meters in 2000.				
1986	56	IND	Prey, Stacia	18:19	2001	134	IND	Wale, Michelle	22:26	* Results since NCAA era began in 1981.				
1987	41	28	Prey, Stacia	17:06										
1987	75	54	Knight, Anne	17:36	2002	96	73	Brauksieck, Tracey	21:15					
1987	84	63	Hass, Emily	17:43	2002	134	105	Landreth, Molly	21:32					
1987	99	76	St. Clair, Katherine	17:52	2002	137	107	Wale, Michelle	21:33					
1987	107	83	Moody, Juliann	17:59	2002	161	129	Stevens, Jenny	21:46					
1987	118	94	Gold, Lisa	18:12	2002	187	154	Hillard, Katy	21:57					
1987	128	104	Quinn, Ann Marie	18:32	2002	192	159	Johnson, Tara	22:01					
					2002	229	193	Thomas, Maureen	22:29					
1988	31	IND	Prey, Stacia	17:17										
					2003	56	42	Landreth, Molly	20:55					
1990	43	IND	Nelson, Wendy	17:10	2003	131	103	Thomas, Maureen	21:26					
					2003	143	114	Stevens, Jenny	21:31					
1991	63	45	Kelly, Kim	17:53	2003	147	116	Wale, Michelle	21:32					
1991	69	50	Kelly, Kris	17:56	2003	171	135	Johnson, Tara	21:45					
1991	94	67	Morrow, Laurie	18:19	2003	211	173	Lenge, Chelsea	22:10					
1991	98	71	Martin, Leslee	18:21	2003	224	186	Brauksieck, Tracey	22:20					
1991	123	95	Weaver, Jennifer	18:40										
1991	127	98	Dougan, Dana	18:44	2006	173	IND	Franek, Bridget	22:41					
1991	144	114	Hunt, Kelli	18:59										
					2007	57	IND	Franek, Bridget	21:14					

NCAA CROSS COUNTRY HISTORY



Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1938	5	IND	Smith, Bill	20:49	1951	4	4	Ashenfelter, Bill	20:32	1961	26	16	Norman, Gerald	20:55
					1951	17	15	Hollen, Robert	20:54	1961	29	19	Deardorff, Howard	20:58
1940	7	IND	Smith, Bill	20:55	1951	21	17	Foster, Dudley	21:00	1961	67	47	Bassett, Lionel	21:36
1940	60	IND	Snyder, Chester	22:37	1951	26	22	Horner, Jackson	21:09	1961	75	55	Noll, Ernest	21:48
1940	63	IND	Kotz, Vernard	22:50	1951	72	64	Hamill, James	22:00	1961	89	66	Moorhead, Steven	22:09
					1951	85	76	Chillrud, John	22:25	1961	93	70	Miller, Michael	22:18
1941	11	11	Gordon, Norm	21:05						1961	105	80	Imswiler, Ted	22:40
1941	16	15	Goffberg, Herm	21:30	1952	7	6	Hollen, Robert	20:00					
1941	28	27	Bourgerie, Alex	21:57	1952	25	19	Hamill, James	20:36	1962	8	6	Deardorff, Howard	19:51
1941	29	28	Stone, Curtis	21:59	1952	30	24	Horner, Jackson	20:42	1962	59	51	Bassett, Lionel	20:51
1941	30	29	Smith, McLane	22:00	1952	34	28	Linder, Stanley	20:51	1962	75	61	Nichols, Joseph	21:05
1941	61	56	Thiel, Harold	22:45	1952	39	33	Smith, Lamont	20:58	1962	82	65	Lampman, Richard	21:17
1941	76	66	Kotz, Verard	23:22	1952	67	56	Chillrud, John	21:26	1962	90	70	Tuft, Richard	21:27
					1952	72	61	Austin, Don	21:38	1962	98	75	Imswiler, Ted	21:38
1942	5	4	Gordon, Norm	21:07										
1942	7	6	Stone, Curtis	21:12	1953	6	3	Hollen, Robert	20:16	1967	17	IND	Smith, Raymond	32:23
1942	9	7	Karver, Gerald	21:15	1953	13	6	Smith, Lamont	20:29					
1942	13	11	Smith, McLane	21:23	1953	30	19	Moorhead, Douglas	20:46	1968	38	23	Schurk, Michael	30:24
1942	32	29	Horne, Howard	22:17	1953	49	33	Hamill, James	21:04	1968	58	34	Sheaffer, Albert	30:49
1942	48	42	Beach, Joseph	22:55	1953	53	36	Garrett, Theodore	21:15	1968	78	50	Peterson, Philip	31:08
1942	52	46	Williams, Rufus	23:15	1953	80	58	McKelvey, James	22:29	1968	154	103	Kissell, Ralph	32:17
					1953	84	60	Chillrud, John	22:42	1968	162	109	Smith, Raymond	32:26
1946	2	2	Stone, Curtis	20:24						1968	167	144	Dickson, James	32:35
1946	8	6	Karver, Gerald	21:01	1954	20	12	Moorhead, Douglas	20:44	1968	191	133	Gentry, Steve	33:12
1946	19	14	Ashenfelter, Horace	21:28	1954	24	14	Garrett, Theodore	21:29					
1946	40	34	Longnecker, Donald	22:04	1954	52	38	Chillrud, John	21:29	1969	45	27	Fredericks, Greg	30:43
1946	69	58	Williams, Mitchell	22:33	1954	56	42	Woodrow, Donald	21:32	1969	95	63	Henderson, Gerald	31:38
1946	94	81	Horne, Howard	23:02	1954	60	46	Pastorius, James	21:35	1969	105	70	Chadwick, Matthew	31:46
1946	124	108	Shuman, William	23:53	1954	83	67	Roberts, Paul	22:18	1969	134	92	Kissell, Ralph	32:16
					1954	107	91	Mowrey, Donald	23:50	1969	147	100	Deardorff, Jeffrey	32:29
1947	2	1	Ashenfelter, Horace	20:45						1969	201	144	Alland, James	33:24
1947	6	3	Karver, Gerald	21:03	1956	17	11	Woodrow, Donald	20:45	1969	208	150	Dixon, James	33:31
1947	17	13	Lennox, Frederick	21:49	1956	23	17	Kerr, Fred	20:54					
1947	32	26	Longnecker, Donald	22:11	1956	54	43	Thompson, Robert	21:39	1970	4	3	Fredericks, Greg	28:12
1947	52	45	Bates, John	22:38	1956	66	51	Schoenebeck, C.	21:47	1970	64	43	Maguire, Charlie	29:31
1947	53	46	Auman, Robert	22:40	1956	85	70	Moran, Edward	22:22	1970	128	89	Allahand, James	30:06
					1956	86	71	Kirby, William	22:26	1970	185	136	Supulski, Daniel	30:34
1948	24	18	Longnecker, Donald	21:09						1970	199	149	Miller, James	30:42
1948	28	21	St. Clair, John	21:12	1957	13	9	Kerr, Fred	20:10	1970	243	187	McClure, James	31:30
1948	32	25	Bates, John	21:21	1957	42	34	Moran, Edward	20:51	1970	277	214	Kissell, Ralph	32:13
1948	33	26	Williams, Mitchell	21:22	1957	44	36	Engelbrink, Richard	20:53					
1948	35	28	Ashenfelter, Horace	21:28	1957	67	55	Thompson, Joseph	21:23	1971	20	13	Fredericks, Greg	30:16
1948	44	26	Porto, Albert	21:39	1957	87	72	King, Charles	21:48	1971	62	38	Maguire, Charlie	31:05
1948	55	46	McCall, John	21:49						1971	78	46	Supulski, Daniel	31:13
					1959	7	5	Engelbrink, Richard	21:14	1971	134	83	Hillman, Robert	31:53
1949	13	10	Ashenfelter, Don	20:55	1959	28	18	Weber, Herman	21:57	1971	142	89	Allahand, James	32:01
1949	14	11	Freebairn, Bob	20:55	1959	69	51	Moorhead, Steven	22:53	1971	220	147	Chadwick, Matthew	32:48
1949	16	13	Porto, Albert	20:59	1959	78	58	Johnson, Dennis	23:17	1971	265	176	Fullmer, John	34:17
1949	34	29	Gordon, William	21:28	1959	106	81	Miller, Michael	24:37					
1949	35	30	St. Clair, John	21:29						1972	38	23	Maguire, Charlie	29:38
1949	39	34	Ashenfelter, Bill	21:33	1960	6	5	Norman, Gerald	20:07	1972	47	28	Gittings, Gary	29:42
1949	46	41	Parsons, Bob	21:41	1960	17	13	Weber, Herman	20:35	1972	96	64	Secord, Ronald	30:19
					1960	34	24	Deardorff, Howard	21:01	1972	113	78	Allahand, James	30:32
1950	8	5	Ashenfelter, Bill	21:05	1960	38	28	Moorhead, Steven	21:03	1972	192	133	Chadwick, Matthew	32:55
1950	11	7	Freebairn, Bob	21:12	1960	46	34	Bassett, Lionel	21:15	1972	219	154	Supulski, Daniel	33:56
1950	16	12	St. Clair, Don	21:34	1960	51	38	Noll, Ernest	21:24					
1950	17	13	Gordon, William	21:36	1960	63	46	Johnson, Dennis	21:49	1973	23	16	Maguire, Charlie	29:13
1950	20	16	Foster, Dudley	21:41						1973	71	37	Malley, George	29:58
1950	23	18	Ashenfelter, Don	21:45						1973	98	53	Hillman, Robert	30:19
1950	38	31	Porto, Albert	22:45						1973	110	59	Secord, Ronald	30:24
										1973	137	79	Gittings, Gary	30:39



NCAA CROSS COUNTRY HISTORY

Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time	Year	Overall	Team	Name	Time
1974	34	31	Malley, George	30:49	1984	81	57	Haley, Clark	31:10	1994	48	35	McGlynn, Tom	31:28
1974	76	53	Secord, Ronald	31:21	1984	85	60	Carter, Eric	31:14	1994	56	41	Bartholomy, Jake	31:42
1974	85	59	Majak, Walter	31:27	1984	95	69	Hudson, Robert	31:28	1994	61	46	Hamer, Bob	31:46
1974	95	67	Stemmer, Paul	31:34	1984	135	104	Shisler, Steve	32:03	1994	77	60	Gilkes, Artie	32:04
1974	97	69	Wilson, Kenneth	31:35	1984	???	113	???	???	1994	87	68	Arosemena, Che	32:10
1974	166	116	Christopher, George	31:35	1984	153	122	Detuerk, Stephen	32:30	1994	152	125	Simmons, Jamie	33:34
1974	197	140	Augustin, Paul	32:36	1984	173	142	Mackley, Paul	33:22	1994	170	143	Oliver, Steve	34:28
1975	5	*	Stemmer, Paul	28:58	1985	9	IND	Carter, Eric	30:03	1997	114	IND	Drager, Austin	31:36
1975	17	*	Malley, George	29:14	1986	35	21	Carter, Eric	31:47	2003	81	IND	Mazzocco, Dan	30:44
1975	80	*	Wilson, Kenneth	30:08	1986	84	64	Laird, David	32:37	2004	78	IND	Mazzocco, Dan	32:24
1975	125	*	Christopher, George	30:30	1986	104	82	McGarry, Rich	32:47	2005	43	IND	Mazzocco, Dan	30:23
1975	144	*	Majak, Walter	30:40	1986	118	93	Balkey, Steve	33:07	2006	31	IND	Mazzocco, Dan	31:37
1975	222	*	Secord, Ronald	31:28	1986	123	98	Jendricks, Keith	33:11	2008	81	64	Dawson, Kyle	30:45
1975	246	*	Baden, Bruce	31:59	1986	144	118	McCafferty, Bill	33:41	2008	114	93	McNally, Vince	31:00
1976	20	18	Malley, George	29:07	1986	148	122	McMillan, David	33:55	2008	141	112	McCandless, Tyler	31:10
1976	68	45	Baden, Bruce	29:49	1987	4	3	Carter, Eric	29:21	2008	148	118	Mahoney, John	31:14
1976	100	68	Ziegler, John	30:02	1987	42	29	McMillan, David	30:15	2008	197	160	O'Connor, Dennis	31:46
1976	166	108	Majak, Walter	30:34	1987	70	49	Balkey, Steve	30:40	2008	210	173	Quinn, Teddy	31:56
1976	242	171	Nicholson, John	31:28	1987	119	90	Novak, Jeffrey	31:21	2008	232	194	Fuller, Brian	32:25
1976	282	204	Snyder, Robert	32:36	1987	163	133	Accardi, Vinny	32:23	2009	134	IND	McNally, Vince	31:14
1977	34	26	Snyder, Robert	29:53	1987	173	143	Laird, Brian	32:50	2010	64	52	Dawson, Kyle	30:43
1977	83	55	Rapp, Thomas	30:35	1988	13	10	Laird, Brian	29:47	2010	92	77	McNally, Vince	31:05
1977	106	74	Ziegler, John	30:49	1988	91	68	Frazier, Ken	31:09	2010	203	171	Dawson, Owen	32:12
1977	131	92	Wyatt, Michael	31:03	1988	94	70	Walter, Doug	31:10	2010	212	179	Pawola, Danny	32:28
1977	143	99	Felice, Dave	31:11	1988	103	79	Brown, Steve	31:15	2010	213	179	Cipro, Chris	32:30
1977	144	100	Baden, Bruce	31:12	1988	118	91	Novak, Jeffrey	31:26	2010	222	189	Foster, Ryan	32:47
1977	244	188	Cooper, James	32:58	1988	124	*	O'Reilly, Aidan	31:32	2010	226	193	Scarpello, Nick	32:53
1978	9	7	Snyder, Robert	29:48	1988	217	*	Accardi, Vinny	33:12	2011	73	IND	Dawson, Kyle	30:36
1978	54	38	Ziegler, John	30:36	1989	20	12	Brown, Steve	30:23	2011	103	IND	McNally, Vince	30:48
1978	61	42	Mangan, Larry	30:41	1989	41	25	Walter, Doug	30:49	2012	231	IND	Masters, Sam	32:25
1978	73	52	Baden, Bruce	30:50	1989	104	78	Frazier, Ken	31:45					
1978	113	81	Rapp, Thomas	31:11	1989	141	113	Anderson, Mark	32:23					
1978	120	88	Scharsu, Alan	31:19	1989	146	118	Novak, Jeffrey	32:29					
1978	129	94	Wyatt, Michael	31:27	1989	159	131	Heffner, Doug	33:03					
1979	19	15	Scharsu, Alan	29:39	1989	173	145	Castillo, Mike	33:45					
1979	34	27	Ziegler, John	29:59	1991	26	18	Wimmer, Mark	31:09					
1979	55	41	Mangan, Larry	30:26	1991	53	36	Gough, Robert	31:55					
1979	65	46	Adkins, Jeff	30:37	1991	88	69	Moore, Ronald	32:22					
1979	81	57	Rapp, Thomas	30:48	1991	93	73	O'Reilly, Aidan	32:24					
1979	95	68	Garcia, Rich	30:55	1991	112	90	Morrow, Austin	32:44					
1979	117	82	Clelland, Steve	31:11	1991	132	107	Scott, Andrew	33:07					
1980	7	5	Scharsu, Alan	29:25	1991	152	124	Mellott, Philip	33:47					
1980	14	12	Mangan, Larry	29:48	1992	64	IND	Wimmer, Mark	32:22					
1980	22	18	Zishka, John	29:55	1993	29	18	Bartholomy, Jake	30:32					
1980	78	52	Rapp, Thomas	30:44	1993	58	43	Hamer, Bob	31:00					
1980	95	66	Stephens, Dwight	30:52	1993	95	73	Steiner, Leif	31:33					
1980	126	91	Garcia, Rich	31:14	1993	109	87	Pritchard, Jon	31:43					
1980	144	106	Adkins, Jeff	31:25	1993	112	90	McGlynn, Tom	31:45					
1981	6	4	Scharsu, Alan	29:30	1993	115	92	Cooper, Ken	31:48					
1981	94	68	Enright, Barry	31:01	1993	134	109	Stants, Harry	32:09					
1981	106	79	Black, Gary	31:13										
1981	137	104	Stephens, Dwight	31:41										
1981	160	124	Althouse, Brad	32:09										
1981	175	139	Adkins, Jeff	32:37										
1982	134	IND	Adkins, Jeff	32:42										

Key:
IND - Denotes Individual Entrant
Italics - Denotes All-America finish



ALL-TIME MEN'S INDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1965	Bedick, Tom	2-Mile Relay	6th	1998	McNutt, Neal	Weight Throw	7th
1965	Lampman, Dick	2-Mile Relay	6th	1999	Gorham, John	Long Jump	12th
1965	Morris, Art	2-Mile Relay	6th	1999	Audu, George	Long Jump	5th
1965	Reilly, Bill	2-Mile Relay	6th	2002	Olkowski, Ryan	200-Meters	8th
1965	Kauffman, Roger	Weight Throw	4th	2002	Olkowski, Ryan	High Jump	5th
1974	Sands, Mike	440-Yards	3rd	2003	Nichols, Chavous	Triple Jump	9th
1974	Maguire, Charlie	3-Mile	3rd	2007	Fritz, Ryan	High Jump	5th
1975	Sands, Mike	440-Yards	1st	2009	Fritz, Ryan	High Jump	T-3rd
1975	Shine, Mike	60-Meter Hurdles	6th	2010	Williams, Lionel	800-Meters	11th
1975	Hackman, Steve	Mile Relay	4th	2010	Foster, Ryan	800-Meters	3rd
1975	Moser, Randy	Mile Relay	4th	2010	Dawson, Owen	800-Meters	8th
1975	Sands, Mike	Mile Relay	4th	2010	Kovacs, Joe	Shot Put	3rd
1975	Shine, Mike	Mile Relay	4th	2010	Eaton, Blake	Shot Put	8th
1975	Hjeltnes, Knut	Shot Put	5th	2011	Gehret, Brady	400-Meters	3rd
1976	Sands, Mike	440-Yards	3rd	2011	Foster, Ryan	Mile	3rd
1976	Jackson, Al	Weight Throw	4th	2011	Nadolsky, Aaron	4x400-Meter Relay	5th
1977	Stemmer, Paul	3-Mile	6th	2011	Williams, Lionel	4x400-Meter Relay	5th
1978	Snyder, Bob	2-Mile	8th	2011	Loxsom, Casimir	4x400-Meter Relay	5th
1978	Falco, Keith	DMR	3rd	2011	Gehret, Brady	4x400-Meter Relay	5th
1978	McHugh, Chris	DMR	3rd	2012	Gehret, Brady	4x400-Meter Relay	2nd
1978	Rapp, Tom	DMR	3rd	2012	Loxsom, Casimir	4x400-Meter Relay	2nd
1978	Wyatt, Mike	DMR	3rd	2012	Nadolsky, Aaron	4x400-Meter Relay	2nd
1979	Snyder, Bob	2-Mile	8th	2012	Bennett-Green, Brandon	4x400-Meter Relay	2nd
1979	Scharsu, Alan	3-Mile	6th	2013	Loxsom, Casimir	800-Meters	2nd
1980	Scharsu, Alan	3-Mile	4th	2013	Kidder, Brannon	DMR	2nd
1981	Zishka, John	2-Mile	3rd	2013	Bennett-Green, Brandon	DMR	2nd
1982	Souza, Paul	High Jump	7th	2013	Watkins, Za'Von	DMR	2nd
1983	Cook, Mike	2-Mile Relay	3rd	2013	Creese, Robby	DMR	2nd
1983	McLaughlin, Paul	2-Mile Relay	3rd	2013	Barr, Will	Weight Throw	6th
1983	Moore, Randy	2-Mile Relay	3rd				
1983	Wynn, Ken	2-Mile Relay	3rd				
1983	Shenk, Todd	Weight Throw	10th				
1984	Shenk, Todd	Weight Throw	T-9th				
1985	Moore, Randy	800-Meters	3rd				
1985	Hudson, Bob	DMR	4th				
1985	Overheim, Mark	DMR	4th				
1985	Robinson, Barry	DMR	4th				
1985	Watson, Vance	DMR	4th				
1987	Balkey, Steve	4x800-Meter Relay	6th				
1987	Levitre, Ray	4x800-Meter Relay	6th				
1987	McMillan, David	4x800-Meter Relay	6th				
1987	Mills, Chris	4x800-Meter Relay	6th				
1988	Balkey, Steve	Mile	10th				
1989	Timpson, Michael	200-Meters	8th				
1989	Hunter, C.J.	Shot Put	2nd				
1990	Hunter, C.J.	Shot Put	1st				
1991	Caraher, Phil	Shot Put	2nd				
1994	Caldwell, R.B.	DMR	6th				
1994	Hamer, Bob	DMR	6th				
1994	Mellott, Phil	DMR	6th				
1994	Robbins, James	DMR	6th				
1994	Davis, Antonio	Triple Jump	9th				
1998	Gorham, John	Long Jump	7th				

BOLD - Denotes NCAA Champion



NCAA INDOOR HISTORY

ALL-TIME MEN'S INDOOR ALL-AMERICANS (BY EVENT)

200 Meters

Timpson, Michael	8th	1989
Olkowski, Ryan	8th	2002

400 Meters

Sands, Mike	3rd	1974
Sands, Mike	1st	1975
Sands, Mike	3rd	1976
Gehret, Brady	3rd	2011

* 440 yds prior to 1984

800 Meters

Moore, Randy	3rd	1985
Williams, Lionel	11th	2010
Foster, Ryan	3rd	2010
Dawson, Owen	8th	2010
Loxsom, Casimir	2nd	2013

* 880 yds prior to 1984

Mile

Balkey, Steve	10th	1988
Foster, Ryan	3rd	2011

3000 Meters

Snyder, Bob	8th	1978
Snyder, Bob	8th	1979
Zishka, John	3rd	1981

* 2-Miles prior to 1984

200 Meters

Maguire, Charlie	3rd	1974
Stemmer, Paul	6th	1977
Scharsu, Alan	6th	1979
Scharsu, Alan	4th	1980

* 3-Miles prior to 1984

60-Meter Hurdles

Shine, Mike	60-Meter Hurdles	6th	1975
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* 60-yard hurdles prior to 1984

4x400-Meter Relay

Mike Sands, Steve Hackman, Randy Moser, Mike Shine	4th	1975
Aaron Nadolsky, Lionel Williams, Casimir Loxsom, Brady Gehret	5th	2011
Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	2nd	2012

* Mile Relay prior to 1984

Distance Medley Relay

Chris McHugh, Keith Falco, Mike Wyatt, Tom Rapp	3rd	1978
Vance Watson, Barry Robinson, Bob Hudson, Mark Overheim	4th	1985
R. B. Caldwell, James Robbins, Phil Mellott, Bob Hamer	6th	1994
Brannon Kidder, Brandon Bennett-Green, Za'Von Watkins, Robby Creese	2nd	2013

High Jump

Souza, Paul	7th	1982
Olkowski, Ryan	5th	2002
Fritz, Ryan	5th	2007
Fritz, Ryan	T-3rd	2009

Long Jump

Gorham, John	7th	1998
Gorham, John	12th	1999
Audu, George	5th	1999

Triple Jump

Davis, Antonio	9th	1994
Nichols, Chavous	9th	2003

Shot Put

Hjeltnes, Knut	5th	1975
Hunter, C.J.	2nd	1989
Hunter, C.J.	1st	1990
Caraher, Phil	2nd	1991
Kovacs, Joe	3rd	2010
Eaton, Blake	8th	2010

Weight Throw

Kauffman, Roger	4th	1965
Jackson, Al	4th	1976
Shenk, Todd	10th	1983
Shenk, Todd	T-9th	1984
McNutt, Neal	7th	1998
Barr, Will	6th	2013

4x800-Meter Relay (Discontinued)

Bill Reilly, Dick Lampman.	6th	1965
Art Morris, Tom Bedick Paul McLaughlin, Randy Moore,	3rd	1983
Ken Wynn, Mike Cook Steve Balkey, Dave McMillan, Chris Mills, Ray Levitre	6th	1987



ALL-TIME WOMEN'S INDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1980**	Rawe, Mary	2000-Meters	2nd	2007	Cox, Shana	4x400-Meter Relay	4th
1980**	Carmichael, Heather	5000-Meters	6th	2007	Simmons, Briene	4x400-Meter Relay	4th
1980**	Cleary, Peggy	5000-Meters	5th	2008	Cox, Shana	400-Meters	4th
1981**	Mills, Kathy	5000-Meters	4th	2008	Franek, Bridget	3000-Meters	10th
1981**	Fales, Penny	DMR	4th	2008	Franek, Bridget	5000-Meters	7th
1981**	Hart, Tammie	DMR	4th	2008	Barber, Aleesha	60-Meter Hurdles	8th
1981**	Rawe, Mary	DMR	4th	2008	Barber, Aleesha	4x400-Meter Relay	5th
1981**	Startare, Doreen	DMR	4th	2008	Blake, Dominique	4x400-Meter Relay	5th
1982**	Hart, Tammie	880 Yards	4th	2008	Cox, Shana	4x400-Meter Relay	5th
1982**	Pioli, Terri	880 Yards	6th	2008	Dorr, Fawn	4x400-Meter Relay	5th
1982**	Murnane, Patty	Mile	4th	2008	Hunter, Gayle	Pentathlon	5th
1982**	Ihrig, Carolyn	2-Mile	8th	2009	Greaves, Shavon	200-Meters	10th
1982**	Hart, Tammie	DMR	5th	2009	Franek, Bridget	5000-Meters	4th
1982**	Ihrig, Carolyn	DMR	5th	2009	Barber, Aleesha	60-Meter Hurdles	4th
1982**	Murnane, Patty	DMR	5th	2009	Barber, Aleesha	4x400-Meter Relay	3rd
1982**	Startare, Doreen	DMR	5th	2009	Dorr, Fawn	4x400-Meter Relay	3rd
1982**	Riddick, Vivian	Long Jump	5th	2009	Greaves, Shavon	4x400-Meter Relay	3rd
1982**	Sobansky, Elaine	Shot Put	3rd	2009	Hunter, Gayle	4x400-Meter Relay	3rd
1983	Startare, Doreen	Mile	7th	2009	Hunter, Gayle	Pentathlon	2nd
1983	Sobansky, Elaine	Shot Put	3rd	2010	Greaves, Shavon	60-Meters	11th
1984	Cassel, Judi	4x800-Meter Relay	6th	2010	Greaves, Shavon	200-Meters	3rd
1984	Gerken, Heidi	4x800-Meter Relay	6th	2010	Dorr, Fawn	400-Meters	5th
1984	Hart, Tammie	4x800-Meter Relay	6th	2010	Franek, Bridget	3000-Meters	7th
1984	Stever, Beth	4x800-Meter Relay	6th	2010	Franek, Bridget	5000-Meters	4th
1984	Sobansky, Elaine	Shot Put	2nd	2011	Anyanwu, Doris	4x400-Meter Relay	6th
1985	Renzi, Paula	3000-Meters	3rd	2011	Greaves, Shavon	4x400-Meter Relay	6th
1990	Prey, Stacy	5000-Meters	4th	2011	Iheoma, Ijeoma	4x400-Meter Relay	6th
1993	Kelly, Kim	5000-Meters	6th	2011	Duncan, Megan	4x400-Meter Relay	6th
1996	Bosler, Erica	DMR	4th				
1996	Huelster, Sue	DMR	4th				
1996	McGreevy, Kim	DMR	4th				
1996	St. John, Erin	DMR	4th				
1997	McGreevy, Kim	Mile	7th				
1999	Walker, Shakeema	Long Jump	3rd				
1999	Walker, Shakeema	Triple Jump	7th				
2001	Moore, Connie	200-Meters	7th				
2002	Moore, Connie	200-Meters	9th				
2003	Moore, Connie	200-Meters	9th				
2003	Aduba, Chi-Chi	Long Jump	5th				
2003	Aduba, Chi-Chi	Long Jump	5th				
2003	Aduba, Chi-Chi	Triple Jump	4th				
2004	Moore, Connie	60-Meters	6th				
2004	Moore, Connie	200-Meters	3rd				
2004	Aduba, Chi-Chi	Triple Jump	7th				
2004	O'Connor, Ja'Nai	Shot Put	5th				
2005	Cox, Shana	400-Meters	11th				
2005	Leatherman, Jennifer	Shot Put	9th				
2005	Leatherman, Jennifer	Weight Throw	4th				
2006	Cox, Shana	400-Meters	7th				
2006	Leatherman, Jennifer	Weight Throw	3rd				
2007	Cox, Shana	400-Meters	7th				
2007	Simmons, Briene	800-Meters	7th				
2007	Barber, Aleesha	4x400-Meter Relay	4th				
2007	Blake, Dominique	4x400-Meter Relay	4th				

** Denotes finish in AIAW. The first women's NCAA-sponsored Indoor Championship was contested in 1983.



NCAA INDOOR HISTORY

ALL-TIME WOMEN'S INDOOR ALL-AMERICANS (BY EVENT)

60 Meters

Moore, Connie	6th	2004
Greaves, Shavon	11th	2010

200 Meters

Moore, Connie	7th	2001
Moore, Connie	9th	2002
Moore, Connie	9th	2003
Moore, Connie	3rd	2004
Greaves, Shavon	10th	2009
Greaves, Shavon	3rd	2010

400 Meters

Cox, Shana	11th	2005
Cox, Shana	7th	2006
Cox, Shana	7th	2007
Cox, Shana	4th	2008
Dorr, Fawn	5th	2010

800 Meters

<i>* 880 yds prior to 1984</i>		
Hart, Tammie	4th	**1982
Pioli, Terri	6th	**1982
Simmons, Briene	7th	2007

Mile

Murnane, Patty	4th	**1982
Startare, Doreen	7th	1983
McGreevy, Kim	7th	1997

3000 Meters

<i>* 2-Miles prior to 1984</i>		
Ihrig, Carolyn	8th	**1982
Renzi, Paula	3rd	1985
Franek, Bridget	10th	2008
Franek, Bridget	7th	2010

5000 Meters

Carmichael, Heather	6th	**1980
Cleary, Peggy	5th	**1980
Mills, Kathy	4th	**1981
Prey, Stacy	4th	1990
Kelly, Kim	6th	1993
Franek, Bridget	7th	2008
Franek, Bridget	4th	2009
Franek, Bridget	4th	2010

60-Meter Hurdles

Barber, Aleesha	8th	2008
Barber, Aleesha	4th	2009

4x400-Meter Relay

Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber	4th	2007
Dominique Blake, Shana Cox, Aleesha Barber, Fawn Dorr	5th	2008
Fawn Dorr, Shavon Greaves, Aleesha Barber, Gayle Hunter	3rd	2009
Doris Anyanwu, Ije Iheoma, Shavon Greaves, Megan Duncan	6th	2011

Distance Medley Relay

Penny Fales, Mary Rawe, Tammie Hart, Doreen Startare	4th	**1981
Tammie Hart, Carolyn Ihrig, Patty Murnane, Doreen Startare	5th	**1982
Sue Huelster, Erica Bosler, Erin St. John, Kim McGreevy	4th	1996

Long Jump

Riddick, Vivian	5th	**1982
Walker, Shakeema	3rd	1999
Aduba, Chi-Chi	5th	2003
Aduba, Chi-Chi	5th	2003

Triple Jump

Walker, Shakeema	7th	1999
Aduba, Chi-Chi	4th	2003
Aduba, Chi-Chi	7th	2004

Shot Put

Sobansky, Elaine	3rd	**1982
Sobansky, Elaine	3rd	1983
Sobansky, Elaine	2nd	1984
O'Connor, Ja'Nai	5th	2004
Leatherman, Jennifer	9th	2005

Weight Throw

Leatherman, Jennifer	4th	2005
Leatherman, Jennifer	3rd	2006

Pentathlon

Hunter, Gayle	5th	2008
Hunter, Gayle	2nd	2009

2000 Meters (Discontinued)

Rawe, Mary	2nd	**1980
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4x800-Meter Relay (Discontinued)

Beth Stever, Judi Cassell, Haidi Gerken, Tammie Hart	6th	1984
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*** Denotes finish in AIAW. The first women's NCAA-sponsored Indoor Championship was contested in 1983.*



ALL-TIME MEN'S OUTDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1921	Romig, John	2-Mile	1st	1983	Garcia, Rick	3000 Steeplechase	9th
1922	Helffrich, Alan	880 Yards	1st	1985	Moore, Randy	800-Meters	4th
1922	Shields, Larry	Mile	1st	1985	Kleban, Rick	Decathlon	5th
1922	Barron, Harold	120 yd HH	1st	1986	Carter, Eric	10,000-Meters	10th
1923	Helffrich, Alan	880 Yards	1st	1987	Levitre, Ray	800-Meters	2nd
1923	Enck, Schuyler	Mile	1st	1987	Balkey, Steve	1500-Meters	6th
1938	Vukmanic, Nick	Javelin	1st	1987	Carter, Eric	10,000-Meters	7th
1939	Vukmanic, Nick	Javelin		1987	Masgay, Dave	Decathlon	7th
1940	Ewell, Barney	100 Yards	1st	1988	Timpson, Michael	200-Meters	10th
1940	Ewell, Barney	220 Yards	1st	1988	Balkey, Steve	1500-Meters	5th
1940	Ewell, Barney	Long Jump		1988	Hunter, C.J.	Shot Put	5th
1940	Vukmanic, Nick	Javelin	4th	1989	Hunter, C.J.	Shot Put	4th
1941	Ewell, Barney	100 Yards	1st	1990	Walter, Doug	1500-Meters	10th
1941	Ewell, Barney	220 Yards	1st	1990	Brown, Steve	5000-Meters	11th
1941	Ewell, Barney	Long Jump		1990	Hall, Ricardo	Triple Jump	13th
1942	Ewell, Barney	100 Yards		1990	Hunter, C.J.	Shot Put	2nd
1942	Ewell, Barney	220 Yards		1991	Caraher, Phil	Shot Put	9th
1942	Ewell, Barney	Long Jump		1992	Milne, Brian	Discus	13th
1947	Karver, Gerald	Mile	1st	1993	Cripanuk, Kevin	400-Meter Hurdles	8th
1947	Stone, Curtis	2-Mile	2nd	1993	Davis, Antonio	Triple Jump	6th
1947	Ashenfelter, Horace	2-Mile		1993	Milne, Brian	Discus	1st
1948	Ashenfelter, Horace	5000-Meters	2nd	1994	Hamer, Bob	1500-Meters	9th
1949	Lancaster, Wilbur	220 Yards	6th	1994	Wimmer, Mark	10,000-Meters	9th
1949	Ashenfelter, Horace	2-Mile	1st	1995	Austin, Rob	Javelin	10th
1949	Gehrdes, Jim	120 yd HH	3rd	1996	Pina, Steve	Long Jump	3rd
1949	Gehrdes, Jim	220 yd LH	2nd	1996	Austin, Rob	Javelin	8th
1949	Perry, Rod	220 yd LH		1996	Cook, James	Decathlon	9th
1950	Gehrdes, Jim	120 yd HH		1997	Gorham, John	Long Jump	11th
1951	Roderes, Ted	Javelin	5th	1997	Cook, James	Decathlon	13th
1954	Hollen, Bob	2-Mile		1998	Audu, George	Long Jump	4th
1954	Blockson, Charles	Shot Put		1998	Gorham, John	Long Jump	6th
1954	Grier, Roosevelt	Shot Put		1998	Burkholder, Troy	Javelin	12th
1955	Pollard, Art	220 Yards		1998	Wolter, Carl	Javelin	7th
1955	Youkers, Bill	120 yd HH	4th	1998	Cook, James	Decathlon	12th
1957	Perry, Rod	120 yd HH		1999	Audu, George	Long Jump	6th
1958	Moran, Ed	Mile	6th	2001	Rose, Guy	110-Meter Hurdles	12th
1960	Moorehead, Steve	3000 Steeplechase		2001	Derby, Brian	400-Meter Hurdles	4th
1961	Brown, Bob	100 Yards		2002	Olkowski, Ryan	200-Meters	8th
1961	Norman, Gerry	3-Mile		2007	Fritz, Ryan	High Jump	T-9th
1961	Moorehead, Steve	3000 Steeplechase		2008	Smith, Clarence	Triple Jump	9th
1965	Hedmark, Lennart	Javelin		2009	Foster, Ryan	800-Meters	8th
1966	Rockwell, Warren	Triple Jump	2nd	2009	Smith, Clarence	Triple Jump	8th
1966	Stevenson, Jim	Javelin	1st	2010	McCandless, Tyler	10,000-Meters	12th
1966	Krombolz, Ernie	Javelin	5th	2010	Fritz, Ryan	High Jump	4th
1970	Fredericks, Greg	3-Mile	5th	2010	Eaton, Blake	Shot Put	3rd
1971	Fredericks, Greg	3-Mile	2nd	2011	Loxson, Casimir	800-Meters	4th
1972	Fredericks, Greg	5000-Meters	2nd	2011	Kovacs, Joe	Shot Put	3rd
1973	Maguire, Charlie	6-Mile	1st	2012	Gehret, Brady	400-Meters	6th
1973	Finkel, Doug	440 Yd Relay	6th	2012	Nadolskly, Aaron	4x400-Meter Relay	4th
1973	Sands, Mike	440 Yd Relay	6th	2012	Bennett-Green, Brandon	4x400-Meter Relay	4th
1973	Scott, Jim	440 Yd Relay	6th	2012	Loxson, Casimir	4x400-Meter Relay	4th
1973	Singleton, Fred	440 Yd Relay	6th	2012	Gehret, Brady	4x400-Meter Relay	4th
1973	Jackson, Al	Hammer	4th	2012	Kovacs, Joe	Shot Put	4th
1975	Sands, Mike	440 Yards	5th	2013	Loxson, Casimir	800-Meters	2nd
1975	Shine, Mike	440 Yard IH	6th	2013	Kidder, Brannon	800-Meters	3rd
1975	Hjeltnes, Knut	Shot Put	5th	2013	Creese, Robby	1500-Meters	6th
1975	Hjeltnes, Knut	Discus	3rd				
1976	Shine, Mike	110-Meter Hurdles	5th				
1976	Malley, George	3000 Steeplechase	4th				
1976	Shine, Mike	400-Meter Hurdles	2nd				
1976	Jackson, Al	Hammer	5th				
1977	Stemmer, Paul	10,000-Meters	8th				
1978	Ziegler, John	10,000-Meters	8th				
1980	Lankford, Paul	400-Meter Hurdles	4th				
1981	Lankford, Paul	400-Meter Hurdles	4th				



NCAA OUTDOOR HISTORY

ALL-TIME MEN'S OUTDOOR ALL-AMERICANS (BY EVENT)

100 Meters

<i>* 100 yds prior to 1976</i>		
Ewell, Barney	1st	1940
Ewell, Barney	1st	1941
Ewell, Barney		1942
Brown, Bob		1961

200 Meters

<i>* 220 yds prior to 1976</i>		
Ewell, Barney	1st	1940
Ewell, Barney	1st	1941
Ewell, Barney		1942
Lancaster, Wilbur	6th	1949
Pollard, Art		1955
Timpson, Michael	10th	1988
Olkowski, Ryan	8th	2002

400 Meters

<i>* 440 yds prior to 1976</i>		
Sands, Mike	5th	1975
Gehret, Brady	6th	2012

800 Meters

<i>* 880 yds prior to 1976</i>		
Helffrich, Alan	1st	1922
Helffrich, Alan	1st	1923
Moore, Randy	4th	1985
Levitte, Ray	2nd	1987
Foster, Ryan	8th	2009
Loxsom, Casimir	4th	2011
Loxsom, Casimir	2nd	2013
Kidder, Brannon	3rd	2013

1500 Meters

<i>* One Mile prior to 1976</i>		
Shields, Larry	1st	1922
Encck, Schuyler	1st	1923
Karver, Gerald	1st	1947
Moran, Ed	6th	1958
Balkey, Steve	6th	1987
Balkey, Steve	5th	1988
Walter, Doug	10th	1990
Hamer, Bob	9th	1994
Creese, Robby	6th	2013

5000 Meters

<i>* 3-Mile prior to 1976</i>		
Norman, Gerry		1961
Fredericks, Greg	5th	1970
Fredericks, Greg	2nd	1971
Ashenfelter, Horace	2nd	1948
Fredericks, Greg	2nd	1972
Brown, Steve	11th	1990

10,000 Meters

<i>* 6-Mile prior to 1976</i>		
Maguire, Charlie	1st	1973
Stemmer, Paul	8th	1977
Ziegler, John	8th	1978
Carter, Eric	10th	1986
Carter, Eric	7th	1987
Wimmer, Mark	9th	1994
McCandless, Tyler	12th	2010

110-Meter Hurdles

Shine, Mike	5th	1976
Rose, Guy	12th	2001
Barron, Harold	1st	1922
Gehrdes, Jim	3rd	1949
Gehrdes, Jim		1950
Youkers, Bill	4th	1955
Perry, Rod		1957

3000-Meter Steeplechase

Moorehead, Steve		1960
Moorehead, Steve		1961
Malley, George	4th	1976
Garcia, Rick	9th	1983

400-Meter Hurdles

Shine, Mike	2nd	1976
Lankford, Paul	4th	1980
Lankford, Paul	4th	1981
Cripanuk, Kevin	8th	1993
Derby, Brian	4th	2001
Shine, Mike	6th	1975

4x100-Meter Relay

Doug Finkelton, Mike Sands, Fred Singleton, Jim Scott	6th	1973
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4x400-Meter Relay

Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	4th	2012
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High Jump

Fritz, Ryan	T-9th	2007
Fritz, Ryan	4th	2010

Long Jump

Ewell, Barney		1940
Ewell, Barney		1941
Ewell, Barney		1942
Pina, Steve	3rd	1996
Gorham, John	11th	1997
Audu, George	4th	1998
Gorham, John	6th	1998
Audu, George	6th	1999

Triple Jump

Rockwell, Warren	2nd	1966
Hall, Ricardo	13th	1990
Davis, Antonio	6th	1993
Smith, Clarence	9th	2008
Smith, Clarence	8th	2009

Shot Put

Blockson, Charles		1954
Grier, Roosevelt		1954
Hjeltnes, Knut	5th	1975
Hunter, C.J.	5th	1988
Hunter, C.J.	4th	1989
Hunter, C.J.	2nd	1990
Caraher, Phil	9th	1991
Eaton, Blake	3rd	2010
Kovacs, Joe	3rd	2011
Kovacs, Joe	4th	2012

Discus

Hjeltnes, Knut	3rd	1975
Milne, Brian	13th	1992
Milne, Brian	1st	1993

Javelin

Vukmanic, Nick	1st	1938
Vukmanic, Nick		1939
Vukmanic, Nick	4th	1940
Roderes, Ted	5th	1951
Hedmark, Lennart		1965
Stevenson, Jim	1st	1966
Krombolz, Ernie	5th	1966
Austin, Rob	10th	1995
Austin, Rob	8th	1996
Burkholder, Troy	12th	1998
Wolter, Carl	7th	1998

Hammer

Jackson, Al	4th	1973
Jackson, Al	5th	1976

Decathlon

Kleban, Rick	5th	1985
Masgay, Dave	7th	1987
Cook, James	9th	1996
Cook, James	13th	1997
Cook, James	12th	1998

2-Mile (Discontinued)

Romig, John	1st	1921
Stone, Curtis	2nd	1947
Ashenfelter, Horace		1947
Ashenfelter, Horace	1st	1949
Hollen, Bob		1954

220-Yard Hurdles (Discontinued)

Gehrdes, Jim	2nd	1949
Perry, Rod		1949



ALL-TIME WOMEN'S OUTDOOR ALL-AMERICANS (BY YEAR)

Year	Name	Event	Finish	Year	Name	Event	Finish
1976**	Bankes, Kris	1500-Meters	2nd	2007	Barber, Aleesha	400-Meter Hurdles	12th
1976**	Bankes, Kris	2-Mile	3rd	2007	Hunter, Gayle	Heptathlon	8th
1977**	Bankes, Kris	3000-Meters	5th	2008	Cox, Shana	400-Meters	1st
1978**	Bankes, Kris	3000-Meters	2nd	2008	Barber, Aleesha	100-Meter Hurdles	4th
1978**	Mills, Kathy	3000-Meters	1st	2008	Franek, Bridget	3000 Steeplechase	3rd
1978**	Mills, Kathy	5000-Meters	1st	2008	Barber, Aleesha	4x400-Meter Relay	1st
1978**	Byrnes, Kathy	4x800-Meter Relay	2nd	2008	Blake, Dominique	4x400-Meter Relay	1st
1978**	Fales, Penny	4x800-Meter Relay	2nd	2008	Cox, Shana	4x400-Meter Relay	1st
1978**	Miller, Sandy	4x800-Meter Relay	2nd	2008	Hunter, Gayle	4x400-Meter Relay	1st
1978**	Ventura, Lea	4x800-Meter Relay	2nd	2008	Hunter, Gayle	Long Jump	5th
1980**	Carmichael, Heather	3000-Meters	3rd	2008	McQuillen, Karlee	Javelin	9th
1981**	Pioli, Terry	800-Meters	6th	2008	Hunter, Gayle	Heptathlon	5th
1981**	Rawe, Mary	1500-Meters	3rd	2008	Hunter, Gayle	Heptathlon	5th
1981**	Sobansky, Elaine	Shot Put	4th	2009	Dorr, Fawn	400-Meter Hurdles	6th
1982	Hart, Tammi	400-Meter Hurdles	5th	2009	Franek, Bridget	3000 Steeplechase	4th
1982	Riddick, Vivian	Long Jump	6th	2009	Barber, Aleesha	4x400-Meter Relay	4th
1982	Sobansky, Elaine	Shot Put	3rd	2009	Dorr, Fawn	4x400-Meter Relay	4th
1983	Startare, Doreen	1500-Meters	5th	2009	Greaves, Shavon	4x400-Meter Relay	4th
1983	Sobansky, Elaine	Shot Put	6th	2009	Hunter, Gayle	4x400-Meter Relay	4th
1984	Renzi, Paula	5000-Meters	6th	2009	McQuillen, Karlee	Javelin	10th
1984	Senz, Marilyn	Javelin	6th	2010	Greaves, Shavon	200-Meters	7th
1989	Mann, Carmen	Triple Jump	5th	2010	Barber, Aleesha	100-Meter Hurdles	3rd
1991	Connell, Pam	Heptathlon	4th	2010	Dorr, Fawn	400-Meter Hurdles	4th
1992	Gibbs, Stacey	Javelin	10th	2010	Franek, Bridget	3000 Steeplechase	1st
1992	Mitchell, Shelley	Heptathlon	8th	2010	Anyanwu, Doris	4x400-Meter Relay	4th
1993	Hunt, Kelli	10,000-Meters	4th	2010	Barber, Aleesha	4x400-Meter Relay	4th
1993	Kelly, Kim	10,000-Meters	5th	2010	Dorr, Fawn	4x400-Meter Relay	4th
1994	Hunt, Kelli	10,000-Meters	7th	2010	Greaves, Shavon	4x400-Meter Relay	4th
1994	Sobansky, Elaine	Shot Put	2nd	2010	McQuillen, Karlee	Javelin	3rd
1996	Gusic, Becky	Javelin	8th	2011	Anyanwu, Doris	4x400-Meter Relay	4th
1996	Kisty, Denika	Javelin	10th	2011	Greaves, Shavon	4x400-Meter Relay	4th
1997	McGreevy, Kim	1500-Meters	7th	2011	Iheoma, Ijeoma	4x400-Meter Relay	4th
1997	Fidler, Donna	10,000-Meters	7th	2011	Duncan, Megan	4x400-Meter Relay	4th
1998	Walker, Shakeema	Triple Jump	7th	2012	Loht, Laura	Javelin	3rd
1998	Pastore, Jen	Javelin	4th	2012	Kenney, Lauren	Javelin	4th
1999	Heyer, Susanne	1500-Meters	4th	2013	Loht, Laura	Javelin	4th
1999	Walker, Shakeema	Long Jump	8th	2013	Kenney, Lauren	Javelin	5th
1999	Williams, Deshaya	Discus	6th				
2001	Johnson, Brianne	Javelin	8th				
2002	Moore, Connie	100-Meters	9th				
2002	Moore, Connie	200-Meters	12th				
2002	Williams, Deshaya	Discus	6th				
2002	Johnson, Brianne	Javelin	8th				
2003	Moore, Connie	100-Meters	5th				
2003	Moore, Connie	200-Meters	3rd				
2003	Landreth, Molly	3000 Steeplechase	11th				
2003	Williams, Deshaya	Discus	1st				
2003	Colley, Ashley	Javelin	11th				
2003	Johnson, Brianne	Javelin	5th				
2004	Moore, Connie	100-Meters	7th				
2004	Moore, Connie	200-Meters	5th				
2004	Aduba, Chi-Chi	Long Jump	6th				
2004	Aduba, Chi-Chi	Triple Jump	7th				
2005	Cox, Shana	400-Meters	9th				
2005	Leatherman, Jennifer	Hammer	7th				
2005	Bruch, Diana	Javelin	8th				
2006	Cox, Shana	400-Meters	3rd				
2006	Leatherman, Jennifer	Hammer	5th				
2007	Cox, Shana	400-Meters	2nd				

** Denotes finish in AIAW. The first women's NCAA-sponsored Outdoor Championship was contested in 1982.



NCAA OUTDOOR HISTORY

ALL-TIME WOMEN'S OUTDOOR ALL-AMERICANS (BY EVENT)

100 Meters

Moore, Connie	9th	2002
Moore, Connie	5th	2003
Moore, Connie	7th	2004

200 Meters

Moore, Connie	12th	2002
Moore, Connie	3rd	2003
Moore, Connie	5th	2004
Greaves, Shavon	7th	2010

400 Meters

Cox, Shana	9th	2005
Cox, Shana	3rd	2006
Cox, Shana	2nd	2007
Cox, Shana	1st	2008

800 Meters

Pioli, Terry	6th	**1981
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1500 Meters

Bankes, Kris	2nd	**1976
Rawe, Mary	3rd	**1981
Startare, Doreen	5th	1983
McGreevy, Kim	7th	1997
Heyer, Susanne	4th	1999

5000 Meters

Mills, Kathy	1st	**1978
Renzi, Paula	6th	1984

10,000 Meters

Hunt, Kelli	4th	1993
Kelly, Kim	5th	1993
Hunt, Kelli	7th	1994
Fidler, Donna	7th	1997

100-Meter Hurdles

Barber, Aleesha	4th	2008
Barber, Aleesha	3rd	2010

400-Meter Hurdles

Hart, Tammi	5th	1982
Barber, Aleesha	12th	2007
Dorr, Fawn	6th	2009
Dorr, Fawn	4th	2010

3000-Meter Steeplechase

Landreth, Molly	11th	2003
Franek, Bridget	3rd	2008
Franek, Bridget	4th	2009
Franek, Bridget	1st	2010

4x400-Meter Relay

Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox	1st	2008
Aleesha Barber, Shavon Greaves, Gayle Hunter, Fawn Dorr	4th	2009
Aleesha Barber, Shavon Greaves, Doris Anyanwu, Fawn Dorr	4th	2010
Doris Anyanwu, Shavon Greaves, Ije Iheoma, Megan Duncan	4th	2011

Long Jump

Riddick, Vivian	6th	1982
Walker, Shakeema	8th	1999
Aduba, Chi-Chi	6th	2004
Hunter, Gayle	5th	2008

Triple Jump

Mann, Carmen	5th	1989
Walker, Shakeema	7th	1998
Aduba, Chi-Chi	7th	2004

Shot Put

Sobansky, Elaine	4th	**1981
Sobansky, Elaine	3rd	1982
Sobansky, Elaine	6th	1983
Sobansky, Elaine	2nd	1994

Discus

Williams, Deshaya	6th	1999
Williams, Deshaya	6th	2002
Williams, Deshaya	1st	2003

Hammer

Leatherman, Jennifer	7th	2005
Leatherman, Jennifer	5th	2006

Javelin

Senz, Marilyn	6th	1984
Gibbs, Stacey	10th	1992
Gusic, Becky	8th	1996
Kisty, Denika	10th	1996
Pastore, Jen	4th	1998
Johnson, Brianne	8th	2001
Johnson, Brianne	8th	2002
Colley, Ashley	11th	2003
Johnson, Brianne	5th	2003
Bruch, Diana	8th	2005
McQuillen, Karlee	9th	2008
McQuillen, Karlee	10th	2009
McQuillen, Karlee	3rd	2010
Loht, Laura	3rd	2012
Kenney, Lauren	4th	2012
Loht, Laura	4th	2013
Kenney, Lauren	5th	2013

Heptathlon

Connell, Pam	4th	1991
Mitchell, Shelley	8th	1992
Hunter, Gayle	8th	2007
Hunter, Gayle	5th	2008
Hunter, Gayle	5th	2008

3000 Meters (Discontinued)

Bankes, Kris	3rd	**1976
Bankes, Kris	5th	**1977
Bankes, Kris	2nd	**1978
Mills, Kathy	1st	**1978
Carmichael, Heather	3rd	**1980

4x800-Meter Relay (Discontinued)

Kathy Byrnes, Penny Fales, Sandy Miller, Lea Ventura	2nd	**1978
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** Denotes finish in AIAW. The first women's NCAA-sponsored Outdoor Championship was contested in 1982.



ALL-TIME BIG TEN CROSS COUNTRY TEAM FINISHES

ALL-TIME MEN'S FINISHES

Year	Place	Score	Location
1991	4th	89 pts	West Lafayette, Ind.
1992	3rd	109 pts	Champaign, Ill.
1993	3rd	80 pts	East Lansing, Mich.
1994	3rd	75 pts	Iowa City, Iowa
1995	7th	166 pts	Minneapolis, Minn.
1996	5th	118 pts	Bloomington, Ind.
1997	6th	163 pts	Columbus, Ohio
1998	9th	248 pts	Ann Arbor, Mich.
1999	7th	186 pts	University Park, Pa.
2000	3rd	82 pts	Madison, Wisc.
2001	6th	131 pts	Champaign, Ill.
2002	10th	290 pt	West Lafayette, Ind.
2003	7th	218 pts	East Lansing, Mich.
2004	9th	206 pts	Iowa City, Iowa
2005	9th	239 pts	Minneapolis, Minn.
2006	9th	207 pts	Bloomington, Ind.
2007	9th	249 pts	Columbus, Ohio
2008	4th	133 pts	Ann Arbor, Mich.
2009	9th	232 pts	University Park, Pa.
2010	4th	128 pts	Madison, Wisc.
2011	6th	165 pts	Champaign, Ill.
2013	6th	169 pts	East Lansing, Mich.

ALL-TIME WOMEN'S FINISHES

Year	Place	Score	Location
1991	2nd	74 pts	West Lafayette, Ind.
1992	3rd	83 pts	Champaign, Ill.
1993	2nd	59 pts	East Lansing, Mich.
1994	3rd	81 pts	Iowa City, Iowa
1995	3rd	69 pts	Minneapolis, Minn.
1996	2nd	56 pts	Bloomington, Ind.
1997	4th	125 pts	Columbus, Ohio
1998	4th	105 pts	Ann Arbor, Mich.
1999	8th	203 pts	University Park, Pa.
2000	8th	201 pts	Madison, Wisc.
2001	T-7th	153 pts	Champaign, Ill.
2002	4th	94 pts	West Lafayette, Ind.
2003	3rd	76 pts	East Lansing, Mich.
2004	6th	142 pts	Iowa City, Iowa
2005	9th	258 pts	Minneapolis, Minn.
2006	8th	222 pts	Bloomington, Ind.
2007	7th	159 pts	Columbus, Ohio
2008	7th	154 pts	Ann Arbor, Mich.
2009	1st	71 pts	University Park, Pa.
2010	4th	106 pts	Madison, Wisc.
2011	3rd	71 pts	Champaign, Ill.
2012	3rd	96 pts	East Lansing, Mich.

BIG TEN MEN'S AWARD WINNERS

MEN'S FIRST TEAM ALL-BIG TEN

Mark Wimmer, 1991
 Bob Hamer, 1993, 94
 Jake Bartholomy, 1994
 Che Arosemena, 1996
 Chris McGinness, 2000
 Dan Mazzocco, 2003
 Kyle Dawson, 2008

MEN'S SECOND TEAM ALL-BIG TEN

Chris McGinness, 2000
 James Carney, 2000
 Steve Walsh, 2001
 Vince McNally, 2009-2011
 Kyle Dawson, 2010-2011

MEN'S INDIVIDUAL HONORS

Kyle Dawson, 2008 **Freshman of the Year**

BIG TEN WOMEN'S AWARD WINNERS

WOMEN'S FIRST TEAM ALL-BIG TEN

Laurie Morrow, 1991
 Kim Kelly, 1993
 Kris Kelly, 1993
 Erin St. John, 1995, 96
 Kim McGreevy, 1996
 Susanne Heyer, 2000
 Molly Landreth, 2003, 04
 Bridget Franek, 2007, 09
 Caitlin Lane, 2011
 Kara Millhouse, 2011
 Bekka Simko, 2012

WOMEN'S SECOND TEAM ALL-BIG TEN

Tracey Brauksieck, 2002
 Katy Hillard, 2002
 Bridget Franek, 2008
 Nicole Lord, 2009
 Brooklyne Ridder, 2010
 Natalie Bower, 2010
 Emily Giannotti, 2011

WOMEN'S INDIVIDUAL HONORS

Colleen Glyde, 1992 **Freshman of the Year**
 Nicole Lord, 2009 **Freshman of the Year**
Kim McGreevy, 1996 **Athlete of the Year**
Bridget Franek, 2009 **Athlete of the Year**
 Beth Alford-Sullivan, 2009 **Coach of the Year**
Caitlin Lane, 2011 **Athlete of the Year**

BOLD - Denotes Big Ten Champion



BIG TEN INDOOR HISTORY

ALL-TIME BIG TEN INDOOR TEAM FINISHES

ALL-TIME MEN'S FINISHES

Year	Place	Score	Location
1992	8th	30.5 pts	East Lansing, Mich.
1993	6th	31 pts	Madison, Wisc.
1994	7th	38 pts	Ann Arbor, Mich.
1995	10th	8 pts	Champaign, Ill.
1996	10th	25 pts	Columbus, Ohio
1997	10th	29.3 pts	Iowa City, Iowa
1998	8th	51 pts	West Lafayette, Ind.
1999	10th	30 pts	Madison, Wisc.
2000	9th	34.5 pts	Bloomington, Ind.
2001	5th	68 pts	University Park, Pa.
2002	***	CANCELLED	Minneapolis, Minn.
2003	7th	42 pts	Champaign, Ill.
2004	8th	39 pts	Ann Arbor, Mich.
2005	8th	37 pts	West Lafayette, Ind.
2006	8th	46.5 pts	Iowa City, Iowa
2007	8th	46 pts	Bloomington, Ind.
2008	4th	79 pts	Madison, Wisc.
2009	3rd	78 pts	University Park, Pa.
2010	T-6th	51 pts	Minneapolis, Minn.
2011	6th	62.66 pts	Champaign, Ill.
2012	6th	51.33 pts	Lincoln, Neb.
2013	3rd	87 pts	Geneva, Ohio

ALL-TIME WOMEN'S FINISHES

Year	Place	Score	Location
1992	8th	30 pts	Columbus, Ohio
1993	4th	43 pts	Bloomington, Ind.
1994	10th	10 pts	West Lafayette, Ind.
1995	10th	17 pts	Ann Arbor, Mich.
1996	4th	39 pts	Madison, Wisc.
1997	5th	63 pts	Champaign, Ill.
1998	6th	44.5 pts	East Lansing, Mich.
1999	8th	59.17 pts	Columbus, Ohio
2000	8th	21 pts	Minneapolis, Minn.
2001	T-6th	61 pts	West Lafayette, Ind.
2002	7th	55.5 pts	University Park, Pa.
2003	3rd	87 pts	Bloomington, Ind.
2004	1st	115 pts	Iowa City, Iowa
2005	4th	74 pts	Ann Arbor, Mich.
2006	4th	85 pts	Madison, Wisc.
2007	4th	92 pts	Champaign, Ill.
2008	3rd	121 pts	Minneapolis, Minn.
2009	2nd	125 pts	Bloomington, Ind.
2010	1st	111 pts	University Park, Pa.
2011	2nd	86 pts	West Lafayette, Ind.
2012	3rd	99 pts	Lincoln, Neb.
2013	4th	73 pts	Geneva, Ohio

BIG TEN MEN'S INDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2013 Casimir Loxsom (Track)

ATHLETE OF THE YEAR

2013 Casimir Loxsom (Track)

FRESHMAN OF THE YEAR

2012 Robby Creese
2013 Brannon Kidder

BIG TEN WOMEN'S INDOOR AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2004 Connie Moore
2008 Shana Cox (Track)
2010 Bridget Franek (Track)

ATHLETE OF THE YEAR

2006 Jennifer Leatherman
2010 Shavon Greaves (Track)

**Beginning with the 2007 season, the Big Ten instituted separate honors for the Track Athlete of the Year & Championships and the Field Athlete of the Year & Championships.*

FRESHMAN OF THE YEAR

1996 Donna Fiddler
2008 Shavon Greaves

COACH OF THE YEAR

2004 Beth Alford-Sullivan
2010 Beth Alford-Sullivan



ALL-TIME INDOOR CHAMPIONS || BY YEAR

ALL-TIME MEN'S INDOOR CHAMPIONS

Year	Athlete	Event	Performance
1993	Kelley, Brian	Pentathlon	4097
1994	Kelley, Brian	Pentathlon	3967
1997	Loner, Joe	800-Meters	1:50.87
1998	McNutt, Neal	35-lb Weight	62-1 (18.92)
2007	Fritz, Ryan	High Jump	7-3 (2.21)
2008	Miller, Mark	800-Meters	1:52.65
2008	Smith, Clarence	Triple Jump	51-7.75 (15.74)
2009	Foster, Ryan	800-Meters	1:50.24
2009	Smith, Clarence	Triple Jump	51-7.75 (15.74)
2010	Foster, Ryan	800-Meters	1:50.43
2011	Foster, Ryan	800-Meters	1:49.98
2011	Kovacs, Joe	Shot Put	65-1.25 (19.84)
2012	Endress, Wade	DMR	9:44.40
2012	Nadolsky, Aaron	DMR	9:44.40
2012	Loxsom, Casimir	DMR	9:44.40
2012	Creese, Robby	DMR	9:44.40
2013	Loxsom, Casimir	600-Meters	1:15.72
2013	Kidder, Brannon	800-Meters	1:49.73
2013	Creese, Robby	Mile	4:01.51
2013	Kidder, Brannon	DMR	9:39.87
2013	Gilmore, Matt	DMR	9:39.87
2013	Brennan, Ryan	DMR	9:39.87
2013	Creese, Robby	DMR	9:39.87

ALL-TIME WOMEN'S INDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Mitchell, Shelley	Pentathlon	3830 pts
1998	Bosler, Erica	600-Meters	1:30.22
2002	Aduba, Chi-Chi	Long Jump	19-9 (6.02)
2003	Brauksieck, Tracey	DMR	11:38.33
2003	Green, Cheryl	DMR	11:38.33
2003	Scottoline, Lindsay	DMR	11:38.33
2003	Stevens, Jenny	DMR	11:38.33
2003	Aduba, Chi-Chi	Triple Jump	44-1.50 (13.44)
2003	Williams, Deshaya	Weight Throw	64-6 (19.65)
2004	Moore, Connie	60-Meters	7.27
2004	Moore, Connie	200-Meters	23.44
2004	Dougherty, Sara	Pole Vault	12-11.50 (3.94)
2004	O'Connor, Ja'Nai	Shot Put	55-2 (16.81)
2005	Leatherman, Jennifer	Shot Put	51-3.75 (15.64)
2005	Leatherman, Jennifer	Weight Throw	69-11.50 (21.32)
2006	Blake, Dominique	4x400-Meter Relay	3:41.98
2006	Cox, Shana	4x400-Meter Relay	3:41.98
2006	Barber, Aleesha	4x400-Meter Relay	3:41.98
2006	Simmons, Briene	4x400-Meter Relay	3:41.98
2006	Leatherman, Jennifer	Shot Put	53-5 (16.28)
2006	Leatherman, Jennifer	Weight Throw	74-10.50 (22.82)
2007	Barber, Aleesha	4x400-Meter Relay	3:37.70
2007	Blake, Dominique	4x400-Meter Relay	3:37.70
2007	Cox, Shana	4x400-Meter Relay	3:37.70
2007	Simmons, Briene	4x400-Meter Relay	3:37.70
2008	Cox, Shana	200-Meters	24.06
2008	Cox, Shana	400-Meters	53.40
2008	Barber, Aleesha	4x400-Meter Relay	3:40.43
2008	Blake, Dominique	4x400-Meter Relay	3:40.43
2008	Cox, Shana	4x400-Meter Relay	3:40.43
2008	Simmons, Briene	4x400-Meter Relay	3:40.43
2009	Greaves, Shavon	60-Meters	7.44
2009	Greaves, Shavon	200-Meters	23.96
2009	Dorr, Fawn	400-Meters	54.10
2009	Barber, Aleesha	4x400-Meter Relay	3:39.43
2009	Dorr, Fawn	4x400-Meter Relay	3:39.43
2009	Greaves, Shavon	4x400-Meter Relay	3:39.43
2009	Hunter, Gayle	4x400-Meter Relay	3:39.43
2010	Greaves, Shavon	60-Meters	7.30
2010	Greaves, Shavon	200-Meters	22.98
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.38
2010	DeFusco, Caitlin	4x400-Meter Relay	3:35.38
2010	Dorr, Fawn	4x400-Meter Relay	3:35.38
2010	Greaves, Shavon	4x400-Meter Relay	3:35.38
2010	Franek, Bridget	Mile	4:37.95
2011	Greaves, Shavon	200-Meters	23.67
2011	Anyanwu, Doris	4x400-Meter Relay	3:37.80
2011	Iheoma, Ijeoma	4x400-Meter Relay	3:37.80
2011	Greaves, Shavon	4x400-Meter Relay	3:37.80
2011	Duncan, Megan	4x400-Meter Relay	3:37.80
2012	Lane, Caitlin	Mile	4:39.90
2012	Millhouse, Kara	5,000-Meters	16:17.45

** Bold - Denotes Big Ten Championship Record



BIG TEN INDOOR HISTORY

ALL-TIME INDOOR CHAMPIONS || BY EVENT

ALL-TIME MEN'S INDOOR CHAMPIONS

600 Meters		
Loxsom, Casimir	1:15.72	2013
800 Meters		
Loner, Joe	1:50.87	1997
Miller, Mark	1:52.65	2008
Foster, Ryan	1:50.24	2009
Foster, Ryan	1:50.43	2010
Foster, Ryan	1:49.98	2011
Kidder, Brannon	1:49.73	2013
Mile		
Creese, Robby	4:01.51	2013
Distance Medley Relay		
Wade Endress, Aaron Nadolsky, Casimir Loxsom, Robby Creese	9:44.40	2012
Brannon Kidder, Matt Gilmore, Ryan Brennan, Robby Creese	9:39.87	2013
High Jump		
Fritz, Ryan	7-3 (2.21)	2007
Triple Jump		
Smith, Clarence	51-7.75 (15.74)	2008
Smith, Clarence	51-7.75 (15.74)	2009
Shot Put		
Kovacs, Joe	65-1.25 (19.84)	2011
35-lb Weight		
McNutt, Neal	62-1 (18.92)	1998
Pentathlon		
Kelley, Brian	4097	1993
Kelley, Brian	3967	1994

ALL-TIME WOMEN'S INDOOR CHAMPIONS

60 Meters			
Moore, Connie	7.27	2004	
Greaves, Shavon	7.44	2009	
Greaves, Shavon	7.30	2010	
200 Meters			
Moore, Connie	23.44	2004	
Cox, Shana	24.06	2008	
Greaves, Shavon	23.96	2009	
Greaves, Shavon	22.98	2010	
Greaves, Shavon	23.67	2011	
400 Meters			
Cox, Shana	53.40	2008	
Dorr, Fawn	54.10	2009	
600 Meters			
Bosler, Erica	1:30.22	1998	
Mile			
Franek, Bridget	Mile	4:37.95	2010
Lane, Caitlin		4:39.90	2012

ALL-TIME WOMEN'S INDOOR CHAMPIONS (Continued)

5000 Meters		
Millhouse, Kara	16:17.45	2012
4x400-Meter Relay		
Shana Cox, Briene Simmons, Aleesha Barber, Dominique Blake	3:41.98	2006
Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber	3:37.70	2007
Briene Simmons, Dominique Blake, Aleesha Barber, Shana Cox	3:40.43	2008
Fawn Dorr, Aleesha Barber, Shavon Greaves, Gayle Hunter	3:39.43	2009
Doris Anyanwu, Caitlin DeFusco, Shavon Greaves, Fawn Dorr	3:35.38	2010
Doris Anyanwu, Shavon Greaves, Ije Iheoma, Megan Duncan	3:37.80	2011
Distance Medley Relay		
Jenny Stevens, Cheryl Green, Lindsay Scottoline, Tracey Brauksieck	11:38.33	2003
Pole Vault		
Dougherty, Sara	12-11.50 (3.94)	2004
Long Jump		
Aduba, Chi-Chi	19-9 (6.02)	2002
Shot Put		
O'Connor, Ja'Nai	55-2 (16.81)	2004
Leatherman, Jennifer	51-3.75 (15.64)	2005
Leatherman, Jennifer	53-5 (16.28)	2006
Triple Jump		
Aduba, Chi-Chi	44-1.50 (13.44)	2003
Weight Throw		
Williams, Deshaya	64-6 (19.65)	2003
Leatherman, Jennifer	69-11.50 (21.32)	2005
Leatherman, Jennifer	74-10.50 (22.82)	2006
Pentathlon		
Mitchell, Shelley	3830 pts	1992

** Bold - Denotes Big Ten Championship Record



ALL-TIME BIG TEN OUTDOOR TEAM FINISHES

ALL-TIME MEN'S FINISHES

Year	Place	Score	Location
1992	7th	55 pts	Minneapolis, Minn.
1993	8th	52.5 pts	East Lansing, Mich.
1994	8th	49 pts	Madison, Wisc.
1995	5th	87 pts	Minneapolis, Minn.
1996	3rd	82 pts	University Park, Pa.
1997	8th	56 pts	Champaign, Ill.
1998	9th	53 pts	Columbus, Ohio
1999	9th	62 pts	West Lafayette, Ind.
2000	7th	71.5 pts	Iowa City, Iowa
2001	3rd	98.83 pts	Bloomington, Ind.
2002	5th	72 pts	Madison, Wisc.
2003	5th	81 pts	Minneapolis, Minn.
2004	7th	54.5 pts	West Lafayette, Ind.
2005	7th	66 pts	Columbus, Ohio
2006	7th	61 pts	East Lansing, Mich.
2007	4th	93.5 pts	University Park, Pa.
2008	6th	77 pts	Champaign, Ill.
2009	5th	80 pts	Columbus, Ohio
2010	T-7th	52 pts	Bloomington, Ind.
2011	6th	74 pts	Iowa City, Iowa
2012	6th	80 pts	Madison, Wisc.
2013	8th	59 pts	Columbus, Ohio

ALL-TIME WOMEN'S FINISHES

Year	Place	Score	Location
1992	6th	77 pts	Minneapolis, Minn.
1993	6th	56 pts	East Lansing, Mich.
1994	8th	53 pts	Madison, Wisc.
1995	10th	33 pts	Minneapolis, Minn.
1996	8th	43 pts	University Park, Pa.
1997	3rd	91 pts	Champaign, Ill.
1998	5th	75 pts	Columbus, Ohio
1999	8th	63 pts	West Lafayette, Ind.
2000	7th	62 pts	Iowa City, Iowa
2001	8th	65 pts	Bloomington, Ind.
2002	8th	72 pts	Madison, Wisc.
2003	T-2nd	124 pts	Minneapolis, Minn.
2004	2nd	126.5 pts	West Lafayette, Ind.
2005	2nd	112.5 pts	Columbus, Ohio
2006	3rd	114 pts	East Lansing, Mich.
2007	3rd	114 pts	University Park, Pa.
2008	1st	151 pts	Champaign, Ill.
2009	1st	139 pts	Columbus, Ohio
2010	1st	133.5 pts	Bloomington, Ind.
2011	2nd	122 pts	Iowa City, Iowa
2012	4th	87 pts	Madison, Wisc.
2013	1st	133 pts	Columbus, Ohio

BIG TEN MEN'S OUTDOOR AWARD WINNERS

ATHLETE OF THE YEAR

2012 Joe Kovacs (Field)

FRESHMAN OF THE YEAR

2010 Casimir Loxsom
2012 Robby Creese

BIG TEN WOMEN'S AWARD WINNERS

ATHLETE OF THE CHAMPIONSHIPS

2002 Connie Moore
2004 Connie Moore
2006 Shana Cox
2008 Shana Cox (Track)
2009 Emma Schmelzer (Field)
2010 Fawn Dorr (Track)

ATHLETE OF THE YEAR

2004 Connie Moore
2006 Jennifer Leatherman (Field)
2008 Shana Cox (Track)
2010 Shavon Greaves (Track)

**Beginning with the 2007 season, the Big Ten instituted separate honors for the Track Athlete of the Year & Championships and the Field Athlete of the Year & Championships.*

FRESHMAN OF THE YEAR

1992 Kim Kelly
2007 Bridget Franek

COACH OF THE YEAR

2008 Beth Alford-Sullivan
2009 Beth Alford-Sullivan
2010 Beth Alford-Sullivan
2013 Beth Alford-Sullivan

BOLD - Denotes Big Ten Champion



BIG TEN OUTDOOR HISTORY

ALL-TIME OUTDOOR CHAMPIONS || BY YEAR

ALL-TIME MEN'S OUTDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Davis, Antonio	Triple Jump	50-10 (15.49)
1993	Davis, Antonio	Triple Jump	51-1.75 (15.59)
1994	Hamer, Bob	5000-Meters	14:26.10
1995	Austin, Rob	Javelin	224-0
1996	Cook, James	Decathlon	7448
1996	Pina, Steve	Long Jump	25-9.50 (7.86)
1996	Wolter, Carl	Javelin	233-8 (71.22)
1997	Burkholder, Troy	Javelin	224-2 (68.32)
1998	Audu, George	Long Jump	25-4 (7.72)
1998	Burkholder, Troy	Javelin	210-11 (64.28)
1999	Audu, George	Long Jump	25-8.75 (7.84)
1999	Burkholder, Troy	Javelin	222-11 (67.96)
2001	Derby, Brian	400-Meter Hurdles	49.77
2002	Olkowski, Ryan	200-Meters	20.59
2003	Derby, Brian	400-Meter Hurdles	49.72
2003	Kuretech, J.T.	Decathlon	7424
2004	Stumpf, Brian	Javelin	216-4 (65.94)
2005	Campisi, Jaret	400-Meter Hurdles	50.10
2005	Kerschner, Bret	Javelin	218-6 (66.61)
2006	Miller, Mark	800-Meters	1:48.78
2006	Pettner, Allen	Javelin	218-6 (66.60)
2007	Fritz, Ryan	High Jump	7-1.75 (2.13)
2007	Pettner, Allen	Javelin	239-9 (73.09)
2008	Borchers, Samuel	1500-Meters	4:03.96
2009	Evak, Tanner	Javelin	233-4 (71.13)
2009	Foster, Ryan	800-Meters	1:49.66
2009	Smith, Clarence	Triple Jump	52-10.75 (16.12) <i>w</i>
2010	Loxsom, Casimir	800-Meters	1:48.06
2010	Eaton, Blake	Shot Put	60-6.75 (18.46)
2011	Loxsom, Casimir	800-Meters	1:47.70
2011	Eaton, Blake	Shot Put	61-8.50 (18.81)
2012	Loxsom, Casimir	800-Meters	1:46.12
2012	Gehret, Brady	400-Meters	45.22
2012	Kovacs, Joe	Shot Put	68-5 (20.85)
2012	Nadolsky, Aaron	4x400-Meter Relay	3:04.78
2012	Loxsom, Casimir	4x400-Meter Relay	3:04.78
2012	Gehret, Brady	4x400-Meter Relay	3:04.78
2012	Bennett-Green, Brandon	4x400-Meter Relay	3:04.78

ALL-TIME WOMEN'S OUTDOOR CHAMPIONS

Year	Athlete	Event	Performance
1992	Gibbs, Stacey	Javelin	165-1 (50.31)
1993	Kelly, Kim	10,000-Meters	34:58.95
1998	Bosler, Erica	800-Meters	2:05.69
1998	Walker, Shakeema	Triple Jump	42-4 (12.91)
1999	Walker, Shakeema	Triple Jump	43-6.50 (13.27)
2000	Williams, Deshaya	Discus	165-10 (50.54)
2002	Moore, Connie	100-Meters	11.31
2002	Moore, Connie	200-Meters	23.12
2003	Moore, Connie	100-Meters	11.37
2004	Moore, Connie	100-Meters	11.40
2004	Moore, Connie	200-Meters	22.74
2004	Aduba, Chi-Chi	4x100-Meter Relay	44.55
2004	Moore, Connie	4x100-Meter Relay	44.55
2004	Salaam, Kamilah	4x100-Meter Relay	44.55
2004	Shoaff, Sara	4x100-Meter Relay	44.55
2004	Aduba, Chi-Chi	Long Jump	20-10.75 (6.36)
2004	O'Connor, Ja'Nai	Shot Put	55-4.75 (16.88)
2005	Cox, Shana	400-Meters	52.91

ALL-TIME WOMEN'S OUTDOOR CHAMPIONS (Continued)

Year	Athlete	Event	Performance
2005	Cox, Shana	4x100-Meter Relay	45.27
2005	Robinson, Brooke	4x100-Meter Relay	45.27
2005	Salaam, Kamilah	4x100-Meter Relay	45.27
2005	Shoaff, Sara	4x100-Meter Relay	45.27
2005	Leatherman, Jennifer	Hammer	199-3 (60.73)
2006	Cox, Shana	200-Meters	23.41
2006	Cox, Shana	400-Meters	52.57
2006	Cox, Shana	4x100-Meter Relay	45.18
2006	Salaam, Kamilah	4x100-Meter Relay	45.18
2006	Shoaff, Sara	4x100-Meter Relay	45.18
2006	Walker, Monique	4x100-Meter Relay	45.18
2006	Blake, Dominique	4x400-Meter Relay	3:36.95
2006	Cox, Shana	4x400-Meter Relay	3:36.95
2006	Markel, Kim	4x400-Meter Relay	3:36.95
2006	Simmons, Briene	4x400-Meter Relay	3:36.95
2006	Leatherman, Jennifer	Discus	167-8 (51.10)
2006	Leatherman, Jennifer	Hammer	197-8 (60.24)
2007	Barber, Aleesha	400-Meter Hurdles	57.56
2007	Blake, Dominique	4x400-Meter Relay	3:34.93
2007	Cox, Shana	4x400-Meter Relay	3:34.93
2007	Hunter, Gayle	4x400-Meter Relay	3:34.93
2007	Simmons, Briene	4x400-Meter Relay	3:34.93
2008	Cox, Shana	200-Meters	23.15
2008	Cox, Shana	400-Meters	52.00
2008	Barber, Aleesha	100-Meter Hurdles	12.83
2008	Franek, Bridget	3000 Steeplechase	9:58.56
2008	Blake, Dominique	4x400-Meter Relay	3:36.24
2008	Cox, Shana	4x400-Meter Relay	3:36.24
2008	Dorr, Fawn	4x400-Meter Relay	3:36.24
2008	Simmons, Briene	4x400-Meter Relay	3:36.24
2009	Greaves, Shavon	100-Meters	11.49
2009	Greaves, Shavon	200-Meters	23.35
2010	Greaves, Shavon	100-Meters	11.56
2010	Greaves, Shavon	200-Meters	23.28
2010	Dorr, Fawn	400-Meters	52.51
2010	Barber, Aleesha	100-Meter Hurdles	13.11
2010	Dorr, Fawn	400-Meter Hurdles	57.5
2010	Franek, Bridget	3000 Steeplechase	9:48.28
2010	Barber, Aleesha	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x100-Meter Relay	42.62
2010	DeFusco, Caitlin	4x100-Meter Relay	42.62
2010	Dorr, Fawn	4x100-Meter Relay	42.62
2010	Greaves, Shavon	4x400-Meter Relay	3:35.18
2010	Dorr, Fawn	4x400-Meter Relay	3:35.18
2010	Anyanwu, Doris	4x400-Meter Relay	3:35.18
2010	Duncan, Megan	4x400-Meter Relay	3:35.18
2011	Millhouse, Kara	10,000-Meters	35:02.33
2011	Duncan, Megan	400-Meter Hurdles	57.35
2011	McQuillen, Karlee	Javelin	162-10 (49.63)
2012	Millhouse, Kara	10,000-Meters	34:25.78
2012	Loht, Laura	Javelin	160-11 (49.05)
2013	Jones, Mahagony	100-Meters	11.32 (+2.6)
2013	Britton, Evonne	100-Meter Hurdles	13.40
2013	Kenney, Lauren	Javelin	173-10 (52.98)

**** Bold - Denotes Big Ten Championship Record**



ALL-TIME OUTDOOR CHAMPIONS || BY EVENT

ALL-TIME MEN'S OUTDOOR CHAMPIONS

200 Meters		
Olkowski, Ryan	20.59	2002
400 Meters		
Gehret, Brady	45.22	2012
800 Meters		
Miller, Mark	1:48.78	2006
Foster, Ryan	1:49.66	2009
Loxsom, Casimir	1:48.06	2010
Loxsom, Casimir	1:47.70	2011
Loxsom, Casimir	1:46.12	2012
1500 Meters		
Borchers, Samuel	4:03.96	2008
5000 Meters		
Hamer, Bob	14:26.10	1994
400-Meter Hurdles		
Derby, Brian	49.77	2001
Derby, Brian	49.72	2003
Campisi, Jaret	50.10	2005
4x400-Meter Relay		
Aaron Nadolsky, Brandon Bennett-Green, Casimir Loxsom, Brady Gehret	3:04.78	2012
High Jump		
Fritz, Ryan	7-1.75 (2.13)	2007
Long Jump		
Pina, Steve	25-9.50 (7.86)	1996
Audu, George	25-4 (7.72)	1998
Audu, George	25-8.75 (7.84)	1999
Triple Jump		
Davis, Antonio	50-10 (15.49)	1992
Davis, Antonio	51-1.75 (15.59)	1993
Smith, Clarence	52-10.75 (16.12)w	2009
Shot Put		
Eaton, Blake	60-6.75 (18.46)	2010
Eaton, Blake	61-8.50 (18.81)	2011
Kovacs, Joe	68-5 (20.85)	2012
Javelin		
Austin, Rob	224-0 (68.27)	1995
Wolter, Carl	233-8 (71.22)	1996
Burkholder, Troy	224-2 (68.32)	1997
Burkholder, Troy	210-11 (64.28)	1998
Burkholder, Troy	222-11 (67.96)	1999
Stumpf, Brian	216-4 (65.94)	2004
Kerschner, Bret	218-6 (66.61)	2005
Pettner, Allen	218-6 (66.60)	2006
Pettner, Allen	239-9 (73.09)	2007
Evak, Tanner	233-4 (71.13)	2009
Decathlon		
Cook, James	7448	1996
Kuretich, J.T.	7424	2003

ALL-TIME WOMEN'S OUTDOOR CHAMPIONS

100 Meters		
Moore, Connie	11.31	2002
Moore, Connie	11.37	2003
Moore, Connie	11.40	2004
Greaves, Shavon	11.49	2009
Greaves, Shavon	11.56	2010
Jones, Mahagony	11.32 (+2.6)	2013
200 Meters		
Moore, Connie	23.12	2002
Moore, Connie	22.74	2004
Cox, Shana	23.41	2006
Cox, Shana	23.15	2008
Greaves, Shavon	23.35	2009
Greaves, Shavon	23.28	2010

ALL-TIME WOMEN'S OUTDOOR CHAMPIONS (Continued)

400 Meters		
Cox, Shana	52.91	2005
Cox, Shana	52.57	2006
Cox, Shana	52.00	2008
Dorr, Fawn	52.51	2010
800 Meters		
Bosler, Erica	2:05.69	1998
10,000 Meters		
Kelly, Kim	34:58.95	1993
Millhouse, Kara	35:02.33	2011
Millhouse, Kara	34:25.78	2012
100-Meter Hurdles		
Barber, Aleesha	12.83	2008
Barber, Aleesha	13.11	2010
Britton, Evonne	13.40	2013
400-Meter Hurdles		
Barber, Aleesha	57.56	2007
Dorr, Fawn	57.50	2010
Duncan, Megan	57.35	2011
3000-Meter Steeplechase		
Franek, Bridget	9:58.56	2008
Franek, Bridget	9:48.28	2010
4x100-Meter Relay		
Kamilah Salaam, Chi-Chi Aduba, Sara Shoaff, Connie Moore	44.55	2004
Brooke Robinson, Kamilah Salaam, Sara Shoaff, Shana Cox	45.27	2005
Shana Cox, Monique Walker, Kamilah Salaam, Sara Shoaff	45.18	2006
Shavon Greaves, Caitlin DeFusco, Aleesha Barber, Fawn Dorr	42.62	2010
4x400-Meter Relay		
Shana Cox, Dominique Blake, Kim Markel, Briene Simmons	3:36.95	2006
Briene Simmons, Gayle Hunter, Dominique Blake, Shana Cox	3:34.93	2007
Briene Simmons, Dominique Blake, Gayle Hunter, Shana Cox	3:36.24	2008
Megan Duncan, Shavon Greaves, Doris Anyanwu, Fawn Dorr	3:35.18	2010
Long Jump		
Aduba, Chi-Chi	20-10.75 (6.36)	2004
Triple Jump		
Walker, Shakeema	42-4 (12.91)	1998
Walker, Shakeema	43-6.50 (13.27)	1999
Shot Put		
O'Connor, Ja'Nai	55-4.75 (16.88)	2004
Discus		
Williams, Deshaya	165-10 (50.54)	2000
Leatherman, Jennifer	167-8 (51.10)	2006
Hammer		
Leatherman, Jennifer	199-3 (60.73)	2005
Leatherman, Jennifer	197-8 (60.24)	2006
Javelin		
Gibbs, Stacey	165-1 (50.31)	1992
McQuillen, Karlee	162-10 (49.63)	2011
Loht, Laura	160-11 (49.05)	2012
Kenney, Lauren	173-10 (52.98)	2013

** Bold - Denotes Big Ten Championship Record



BIG TEN HISTORY

ALL-TIME BIG TEN ATHLETES OF THE WEEK

ALL-TIME WOMEN'S WINNERS

Year	Season	Athlete	Date	Event
1996	XC	Kim McGreevy	October*	
1996	XC	Kim McGreevy	November*	
1997	T&F	Felicia Cooksey	January*	
1997	T&F	Jen Pastore	April*	
2001	XC	Michelle Wale	October 9	
2002	XC	Tracey Brauksieck	September 10	
2002	XC	Tracey Brauksieck	October 15	
2002	XC	Tracey Brauksieck	October 22	
2003	XC	Molly Landreth	September 17	
2003	XC	Molly Landreth	October 22	
2003	XC	Molly Landreth	October 29	
2003	T&F	Chi Chi Aduba	January 21	
2004	XC	Molly Landreth	September 14	
2004	XC	Molly Landreth	September 28	
2004	T&F	Sara Dougherty	February 3	
2004	T&F	Connie Moore	February 18	
2004	T&F	Ja'Nai O'Connor	March 29	
2004	T&F	Connie Moore	April 19	
2004	T&F	Chi Chi Aduba	May 3	
2005	T&F	Jennifer Leatherman	April 25	
2005	T&F	Jennifer Leatherman	May 9	
2006	XC	Bridget Franek	October 10	
2006	T&F	Jennifer Leatherman	January 17	
2006	T&F	Jennifer Leatherman	February 14	
2006	T&F	Jennifer Leatherman	March 28	
2006	T&F	Jennifer Leatherman	April 11	
2006	T&F	Jennifer Leatherman	April 25	
2006	T&F	Jennifer Leatherman	May 5	
2006	T&F	Jennifer Leatherman	May 8	
2007	XC	Bridget Franek	September 4	
2007	XC	Bridget Franek	September 25	
2007	T&F	Lena Bettis	January 16	Field
2007	T&F	Shana Cox	January 30	Track
2007	T&F	Shana Cox	April 10	Track
2007	T&F	Shana Cox	April 17	Track
2007	T&F	Aleesha Barber	April 24	Track
2007	T&F	Bridget Franek	May 1	Track
2007	T&F	Gayle Hunter	May 1	Field
2007	T&F	Emma Schmelzer	May 8	Field
2008	XC	Caitlin Lane	September 2	
2008	XC	Bridget Franek	October 7	
2008	T&F	Dominique Blake	January 29	Track
2008	T&F	Gayle Hunter	January 29	Field
2008	T&F	Briene Simmons	February 5	Track
2008	T&F	Lena Bettis	February 12	Field
2008	T&F	Shana Cox	April 15	Track
2008	T&F	Shana Cox	April 29	Track
2008	T&F	Shana Cox	May 6	Track
2009	XC	Caitlin Lane	September 8	
2009	XC	Cheryl Spring	September 15	
2009	XC	Bridget Franek	October 6	
2009	T&F	Bridget Franek	February 2	Track
2009	T&F	Gayle Hunter	February 2	Field
2009	T&F	Gayle Hunter	February 9	Field
2009	T&F	Bridget Franek	February 16	Track
2009	T&F	Bridget Franek	April 15	Track
2009	T&F	Kim Hanslovan	May 13	Field
2010	XC	Caitlin Lane	September 7	
2010	T&F	Shavon Greaves	January 11	Track
2010	T&F	Fawn Dorr	January 18	Track
2010	T&F	Shavon Greaves	February 1	Track
2010	T&F	Bridget Franek	February 15	Track
2010	T&F	Shavon Greaves	April 7	Track
2010	T&F	Karlee McQuillen	April 28	Field
2010	T&F	Bridget Franek	May 12	Track
2011	XC	Caitlin Lane	September 6	
2011	T&F	Shavon Greaves	January 31	Track
2011	T&F	Karlee McQuillen	April 6	Field
2012	XC	Bekka Simko	September 4	

ALL-TIME WOMEN'S WINNERS (Continued)

Year	Season	Athlete	Date	Event
2012	T&F	Mahagony Jones	January 9	Track
2012	T&F	Melissa Kurzdorfer	April 4	Field
2012	T&F	Kirsten Nieuwendam	May 9	Track
2013	T&F	Mahagony Jones	January 7	Track
2013	T&F	Erika Morgan	January 7	Field
2013	T&F	Marlene Ricketts	January 14	Field
2013	T&F	Lauren Kenney	April 10	Field
2013	T&F	Mahagony Jones	April 17	Track

ALL-TIME MEN'S WINNERS

Year	Season	Athlete	Date	Event
1992	T&F	Jay Kirby	January	
1992	T&F	Brian Miline	March*	
1996	T&F	4x800m Relay Team	March*	
1999	T&F	George Audu	January 12	
1999	T&F	John Gorham	April 19	
2001	XC	Stephen Walsh	October 9	
2001	T&F	Ryan Olkowski	April 9	
2003	XC	Dan Mazzocco	September 17	
2003	XC	Dan Mazzocco	October 22	
2006	T&F	Steve Meyers	April 25	
2007	XC	Brian Fuller	September 4	
2007	XC	Lucas Zarzeczny	September 25	
2007	T&F	Ryan Fritz	February 13	
2007	T&F	Allen Pettner	April 3	Field
2007	T&F	Ryan Fritz	April 17	Field
2008	T&F	Sam Borchers	January 29	Track
2008	T&F	Sam Borchers	April 8	Track
2008	T&F	Clarence Smith	May 6	Field
2009	T&F	Mike Cadau	January 12	Track
2009	T&F	Ryan Fritz	January 12	Field
2009	T&F	Clarence Smith	January 19	Field
2009	T&F	Clarence Smith	February 9	Field
2009	T&F	Ryan Foster	April 15	Track
2009	T&F	John Vellenoweth	May 13	Field
2010	XC	Vince McNally	September 7	
2010	T&F	Ryan Foster	January 18	Track
2010	T&F	Ryan Foster	February 1	Track
2010	T&F	Blake Eaton	February 8	Field
2010	T&F	Ryan Foster	April 7	Track
2010	T&F	Joe Kovacs	April 21	Field
2010	T&F	Casimir Loxsom	April 28	Track
2010	T&F	Casimir Loxsom	May 5	Track
2010	T&F	Ryan Fritz	May 12	Field
2011	XC	Kyle Dawson	September 6	
2011	T&F	Blake Eaton	February 7	Field
2011	T&F	Joe Kovacs	April 20	Field
2011	T&F	Casimir Loxsom	April 27	Track
2011	T&F	Ryan Foster	May 4	Track
2011	T&F	Sean Reilly	May 11	Field
2012	XC	Robby Creese	September 4	
2012	T&F	Hanif Johnson	January 9	Field
2012	T&F	Robby Creese	January 16	Track
2012	T&F	Joe Kovacs	April 4	Field
2012	T&F	Robby Creese	April 18	Track
2012	T&F	Joe Kovacs	April 18	Field
2012	T&F	Joe Kovacs	May 2	Field
2012	T&F	Joe Kovacs	May 9	Field
2013	T&F	Sancho Barrett	January 7	Track
2013	T&F	Jon Hendershot	January 7	Field
2013	T&F	Casimir Loxsom	January 14	Track
2013	T&F	Casimir Loxsom	January 28	Track
2013	T&F	Robby Creese	February 11	Track
2013	T&F	Brannon Kidder	April 10	Track
2013	T&F	Robby Creese	April 17	Track
2013	T&F	Casimir Loxsom	April 24	Track
2013	T&F	Casimir Loxsom	May 2	Track
2013	T&F	Jon Hendershot	May 8	Field



ALL-TIME RELAYS CHAMPIONS

MEN'S RELAYS CHAMPIONS

Year	Relay	Performance
1920	4x1 Mile Relay	18:10.6
	?, ?, ?, Larry Shields	
1920	DMR (3/4 Mile, 440, 880, Mile)	10:37.2
	—, —, —, Larry Shields	
1923	4x880 Yard Relay	7:48.8
	Edgar L. Carter, J. Russell Edgerton, Schuyler Enck, Alan Helffrich	
1924	SMR (440, 220, 220, 880)	3:30.4
	Alan Helffrich, Conway, Crip Moore, Schuyler Ench	
1926	4x1 Mile Relay	18:14.6
	R.R. Fouracre, P.B. Reis, K.B. Barclay, J.H. Stewart	
1926	4 x 120-Yd High Hurdle Shuttle	1:06.0
	E.T. Eggers, J.M. Lerch, C.J. Sharp, Crip Moore	
1928	4x110 Yards	42.6
	Frank Kilmer, Al Bates, John McCracken, Dick Bartholomew	
1928	DMR (3/4 Mile, 440, 880, Mile)	10:37.8
	Lonnie Kittle, Bill Karbach, George Offenhausen, Bill Cox	
1929	4x1 Mile Relay	17:48.6
	C.A. Meisinger, P.E. Rekers, G.K. Offenhauser, Bill Cox	
1932	SMR (440, 220, 220, 880)	3:28.6
	C.E. Gritsavage, I. Dale, W. Van Keuran, W.F. Dunaway, or H. Thompson Dale	
1942	SMR (440, 220, 220, 880)	3:26.5
	Barney Ewell, D.D. Dolbin, M.M. Neville, Norm Gordon	
1947	4x1 Mile Relay	17:48.6
	Bill Shuman, Curt Stone, Horace Ashenfelter, Gerry Karver	
1948	4x1 Mile Relay	17:30.7
	Bill Shuman, Mitch Williams, H.Ashenfelter, Gerry Karver	
1948	DMR (3/4 Mile, 440, 880, Mile)	10:15.1
	Paul Koch, Mitch Williams, Bill Shuman, Gerry Karver	
1949	4x1 Mile Relay	17:35.4
	Unknown	
1950	4x110 Yards	41.3
	Jim Gehrdes, Guy Kay, Bill Lockhart, Wilbert Lancaster	
1951	4x1 Mile Relay	17:24.6
	Bob Parsons, Don Ashenfelter, Bill Ashenfelter, Bob Freebairn	
1959	4x1 Mile Relay	17:11.3
	Ed Moran, Dick Engelbrink, Charles King, Fred Kerr	
1959	DMR (3/4 Mile, 440, 880, Mile)	9:58.2
	Unknown	
1983	4x800-Meter Relay	7:19.77
	Paul McLaughlin, Randy Moore, Mike Cook, Ken Wynn	
1985	4x800-Meter Relay	7:11.17
	Vance Watson, Steve Shisler, Chris Mills, Randy Moore	
1986	4x800-Meter Relay	7:16.05
	Vance Watson, Steve Shisler, Ray Levitre, Chris Mills	
1987	4x800-Meter Relay	7:14.65
	Steve Balkey, Mark Anderson, Chris Mills, Ray Levitre	
2011	SMR	3:17.10
	Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Ryan Foster	
2012	SMR	3:18.47
	Aaron Nadolsky, Br. Bennett-Green, Brady Gehret, Casimir Loxsom	
2012	4x800	7:19.76
	Owen Dawson, Ryan Brennan, Casimir Loxsom, Robby Creese	
2013	4x800	7:14.14
	Robby Creese, Za'Von Watkins, Casimir Loxsom, Brannon Kidder	
2013	DMR	9:24.68
	Brannon Kidder, Brandon Bennett-Green, Casimir Loxsom, Robby Creese	

WOMEN'S RELAY CHAMPIONS

Year	Relay	Performance
1978	4x800-Meter Relay	8:49.9
	Unknown	
2008	4x400-Meter Relay	3:31.44
	Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox	

ALL-TIME INDIVIDUAL CHAMPIONS

MEN'S INDIVIDUAL CHAMPIONS

Year	Athlete	Event	Performance
1910	Lee Talbot	Hammer Throw	160-6 (48.92)
1911	Lee Talbot	Discus	129-2 (39.32)
1911	Alfred Tilley	Hammer Throw	143-8 (43.78)
1913	Lee Talbot	Discus	142-0 (43.28)
1913	Lee Talbot	Hammer Throw	163-7 (49.88)
1919	Francis Emory	56-Pound Weight	28-0 (8.53)
1920	Francis Emory	Javelin	165-6 (50.44)
1923	Crip Moore	120-Yard High Hurdles	15.4
1925	Crip Moore	120-Yard High Hurdles	14.8
1926	Al Bates	Long Jump	23-3 1/2 (7.07)
1927	Bill Cox	Two-Mile	9:32.0
1927	Marian Ide	Hammer Throw	158-0 7/8
1938	Nick Vukmanic	Javelin	223-10 (68.22)
1939	Nick Vukmanic	Javelin	207-3 (63.16)
1942	Barney Ewell	Long Jump	24-5 1/2 (7.45)
1944	Barney Ewell	Long Jump	24-2 (7.36)
1945	Barney Ewell	100 Yards	9.8
1947	Curt Stone	Two-Mile	9:19.4
1949	Horace Ashenfelter	Two-Mile	9:21.5
1949	Jim Gehrdes	120-Yard High Hurdles	14.4
1950	Jim Gehrdes	120-Yard High Hurdles	14.3
1954	Art Pollard	100 Yards	9.8
1955	Roosevelt Grier	Shot Put	54-8 (16.66)
1961	Bob Brown	100 Yards	9.9
1965	Lennart Hedmark	Javelin	243-0 (74.06)
1966	Bill Reilly	3000-Meter Steeplechase	9:22.8
1971	Greg Fredericks	Three-Mile	13:36.1
1972	Greg Fredericks	Three-Mile	13:31.5
1973	Charlie Maguire	Three-Mile	13:41.6
1974	Charlie Maguire	Three-Mile	13:27.0
1974	Mike Shine	120-Yard High Hurdles	13.9
1974	Mike Shine	400-Meter Hurdles	50.8
		(Converted from 440yds)	
1975	Knut Hjeltnes	Shot Put	61-23/4 (18.66)
1976	George Malley	3000-Meter Steeplechase	8:34.4
1976	Mike Shine	110-Meter High Hurdles	13.6
1976	Al Jackson	Hammer Throw	199-4 (60.76)
1977	Paul Stemmer	5000 Meters	13:52.4
1979	Bruce Baden	3000-Meter Steeplechase	8:42.5
1979	Alan Scharsu	5000 Meters	13:48.5
1979	John Ziegler	10,000 Meters	29:19.3
1979	Tim Backenstose	Marathon	2:22:14
1980	Alan Scharsu	5000 Meters	13:42.1
1982	Jeff Adkins	5000 Meters	13:55.0
1987	Dave Masgay	Decathlon (Multi)	7282
1989	C.J. Hunter	Shot Put	63-3 1/4 (19.28)
1990	C.J. Hunter	Shot Put	65-5 (19.81)
1993	Brian Milne	Discus	196-5 (59.86)
1993	Antonio Davis	Triple Jump	53-11 1/4 (16.44)
1996	James Cook	Decathlon (Multi)	7600
1997	James Cook	Decathlon (Multi)	7458
1998	Kevin Geesaman	20,000 Meters	1:04:40
2003	J.T. Kurelich	Decathlon (Multi)	7056
2005	Ian McCann	20,000 Meters	1:07:40
2007	Chris Morrissey	Decathlon (Multi)	7014
2008	Chris Morrissey	Decathlon (Multi)	6995
2009	Tanner Evak	Javelin	225-6 (68.74)
2012	Joe Kovacs	Shot Put	65-5 (19.94)

INDIVIDUAL WOMEN'S CHAMPIONS

Year	Athlete	Event	Performance
1983	Marilyn Senz	Javelin	162-9 (49.60)
1984	Elaine Sobansky	Shot Put	53-4.50 (5.96)
1985	Paula Renzi	5000-Meters	16:01.4
1986	Stacy Prey	5000-Meters	16:01.2
1998	Jen Pastore	Javelin	177-7 (54.12)
2000	Deshaya Williams	Discus	174-8 (53.24)
2001	Brienne Johnson	Javelin	161-7 (49.26)
2006	Jennifer Leatherman	Hammer	213-7 (65.12)
2007	Bridget Franek	3,000m Steeplechase	9:59.21
2007	Gayle Hunter	Heptathlon	5606
2009	Fawn Dorr	400-Meter Hurdles	57.78
2010	Karlee McQuillen	Javelin	162-7 (49.57)
2011	Karlee McQuillen	Javelin	158-4 (48.28)
2012	Melissa Kurzdorfer	Hammer	205-1 (62.53)
2012	Lauren Kenney	Javelin	160-8 (48.99)
2013	Natalie Bower	3,000m Steeplechase	10:13.58
2013	Laura Loht	Javelin	154-6 (47.10)
2013	Brittney Howell	Heptathlon	5084



WOMEN'S INDOOR RECORDS

Track Events

60 Meters	7.24Shavon Greaves, 2010
200 Meters	22.60Consuella Moore, 2004
400 Meters	52.31Shana Cox, 2007
800 Meters	2:05.67Briene Simmons, 2007
Mile	4:37.95Bridget Franek, 2010
3000 Meters	9:10.04Bridget Franek, 2009
5000 Meters	15:53.50Paula Renzi, 1985
60m Hurdles	8.16Aleesha Barber, 2009

Relay Events

4x400-Meters	3:33.39Dominique Blake, Briene Simmons,Aleesha Barber, Shana Cox, 2007
Distance Medley	11:05.16Caitlin Lane, Ije Iheoma,Bekka Simko, Kara Millhouse, 2012

Non-NCAA Event Records

55 Meters	6.98Shavon Greaves, 2008
300 Meters	37.13Shavon Greaves, 2010
500 Meters	1:09.19Shana Cox, 2007
600 Meters	1:29.81Briene Simmons, 2008
1000 Meters	2:44:24Caitlin Lane, 2012
55m Hurdles	7.77Aleesha Barber, 2008
Shuttle Hurdles	32.30Carla Criste, Laurie Dangel,Sue Lindner, Stephanie Weeks, 1983
4x200-Meters	1:37.76	..Monique Walker, Kamilah Salaam,Gayle Hunter, Sara Shoaff, 2006
4x800-Meters	8:45.60Judi Cassel, Heidi Gerken,Tammie Hart, Beth Stever, 1984
Sprint Medley	3:52.25Lauren Burns, Lena Bettis, . Aleesha Barber, Briene Simmons, 2007** <i>Collegiate Record</i>

*All times are FAT (Fully Automatic Timing)

BOLD - Denotes record set in 2013

Field Events

High Jump	5-11.25 (1.81)	. Antoinette O'Carroll, 1987 5-11.25 (1.81).....Brittany Maun, 2010
Pole Vault	13-5.50 (4.11)Sara Dougherty, 2004
Long Jump	20-11.25 (6.38)Gayle Hunter, 2009
Triple Jump	44-1.25 (13.45)Chi-Chi Aduba, 2003
Shot Put	56-5.25 (17.20)Ja'Nai O'Connor, 2004
20-lb. Weight	74-10.50 (22.82)	...Jen Leatherman, 2006
Pentathlon	4,342 pointsGayle Hunter, 2009

Pentathlon Event Records

60-Meter Hurdles	8.37Gayle Hunter, 2009
High Jump	5-8.50 (1.74)Amber Strouse, 2007Kelsey Coutts, 2012
Long Jump	20-11.25 (6.38)Gayle Hunter, 2009
Shot Put	40-0.50 (12.20)Gayle Hunter, 2009
800-Meters	2:13.73Gayle Hunter, 2009

Retired Records

50 Yards	6.00Lea Ventura, 1977
60 Yards	7.12Vivian Riddick, 1983
220 Yards	24.84Debbie Lewis, 1980
300 Yards	36.49Janice Carter, 1985
440 Yards	55.62Tammie Hart, 1981
600 Yards	1:20.34Tammie Hart, 1983
880 Yards	2:09.11Terry Pioli, 1983
1000 Yards	2:32.00Doreen Startare, 1983
1500 Meters	4:20.50Patty Murnane, 1980
2000 Meters	6:05.67Mary Rawe, 1980
2-Mile	9:54.76Doreen Startare, 1983
3-Mile	15:48.00Paula Renzi, 1985
50-Yard Hurdles	6.80Patti Knighton, 1978
60-Yard Hurdles	8.07Stephanie Weeks, 1983
50-Meter Hurdles	7.20Carla Criste, 1985
Mile Relay	3:46.30Penny Fales, Tammie Hart,Elaine LaFramboise, Terry Pioli, 1980
2-Mile Relay	8:52.40Judi Cassel, Heidi Gerken,Beth Stever, Doreen Startare, 1984
880-Yard Relay	1:43.90Debbie Lewis, Ann McKillop,Terry Pioli, Vivian Riddick, 1980



WOMEN'S INDOOR TOP 5 PERFORMANCES

60 Meters

1.	7.24	Shavon Greaves, 2010
2.	7.27	Consuella Moore, 2004
3.	7.38	Mahagony Jones, 2013
4.	7.41	Toyin Augustus, 2001
5.	7.46	Kamilah Salaam, 2005

200 Meters

1.	22.60	Consuella Moore, 2004
2.	22.98	Shavon Greaves, 2010
3.	23.47	Mahagony Jones, 2013
4.	23.48	Shana Cox, 2005
5.	23.67	Caitlin DeFusco, 2010

400 Meters

1.	52.31	Shana Cox, 2007
2.	52.53	Fawn Dorr, 2010
3.	53.14	Shavon Greaves, 2010
4.	53.15	Dominique Blake, 2008
5.	53.87	Dynasty McGee, 2013
6.	53.96	Gayle Hunter, 2008

500 Meters

1.	1:09.19	Shana Cox, 2007
2.	1:12.03	Janice Carter, 1989
3.	1:12.05	Ijeoma Iheoma, 2012
4.	1:12.23	Fawn Dorr, 2010
5.	1:13.32	Briene Simmons, 2006

600 Meters

1.	1:29.81	Briene Simmons, 2008
2.	1:30.22	Erica Bosler, 1998
3.	1:30.42	Ijeoma Iheoma, 2011
4.	1:31.35	Bekka Simko, 2011
5.	1:31.68	Fawn Dorr, 2008

800 Meters

1.	2:05.67	Briene Simmons, 2007
2.	2:06.88	Bekka Simko, 2012
3.	2:08.75	Maura Ryan, 2011
4.	2:08.92	Caitlin Lane, 2011
5.	2:09.52	Judi Cassell, 1985

1000 Meters

1.	2:44.24	Caitlin Lane, 2012
2.	2:48.21	Briene Simmons, 2007
3.	2:48.70	Bekka Simko, 2012
4.	2:49.00	Patty Murnane, 1979
5.	2:49.92	Bridget Franek, 2008

Mile

1.	4:37.95	Bridget Franek, 2010
2.	4:38.37	Caitlin Lane, 2011
3.	4:40.76	Kim McGreevy, 1997
4.	4:41.51	Patty Murnane, 1982
5.	4:45.46	Leah Rosenfeld, 2008

3000 Meters

1.	9:10.04	Bridget Franek, 2009
2.	9:13.06	Paula Renzi, 1985
3.	9:15.16	Caitlin Lane, 2012
4.	9:17.48	Kara Millhouse, 2012
5.	9:23.82	Brooklyne Ridder, 2013

5000 Meters

1.	15:53.50	Paula Renzi, 1985
2.	15:56.76	Bridget Franek, 2010
3.	16:06.82	Kara Millhouse, 2012
4.	16:07.52	Brooklyne Ridder, 2013
5.	16:17.81	Natalie Bower, 2013
5.	16:22.30	Cheryl Spring, 2010
6.	16:22.70	Caitlin Lane, 2012

60-Meter Hurdles

1.	8.16	Aleesha Barber, 2009
2.	8.20	Evonne Britton, 2012
3.	8.22	Toyin Augustus, 2001
4.	8.37	Gayle Hunter, 2009
5.	8.43	Shelley Black, 2013

4x200-Meter Relay

1.	1:37.25	Mahagony Jones, Kirsten Nieuwendam, Doris Anyanwu, Kiah Seymour
2.	1:37.76	Monique Walker, Kamilah Salaam, Gayle Hunter, Sara Shoaff, 2006
3.	1:37.92	Kamilah Salaam, Brooke Robinson, Sara Shoaff, Shana Cox, 2005
4.	1:38.05	Cheryl Green, Connie Moore, Sara Shoaff, Kamilah Salaam, 2004
5.	1:39.30	Aleesha Barber, Lauren Burns, Kim Markel, Monique Walker, 2007

4x400-Meter Relay

1.	3:33.49	Dominique Blake, Briene Simmons, Shana Cox, Aleesha Barber, 2007
2.	3:34.00	Dominique Blake, Shana Cox, Aleesha Barber, Fawn Dorr, 2008
3.	3:34.00	Doris Anyanwu, Ije Iheoma, Shavon Greaves, Megan Duncan, 2011
4.	3:34.04	Shana Cox, Briene Simmons, Aleesha Barber, Dominique Blake, 2006
5.	3:34.64	Fawn Dorr, Aleesha Barber, Shavon Greaves, Gayle Hunter, 2009



WOMEN'S INDOOR HISTORY

WOMEN'S INDOOR TOP 5 PERFORMANCES

Sprint Medley Relay

- 3:52.25 Lauren Burns, Lena Bettis, Aleesha Barber, Briene Simmons, 2007
- 3:56.63 Cheryl Green, Connie Moore, Sara Shoaff, Briene Simmons, 2004
- 4:01.38 Sara Shoaff, Gayle Hunter, Dominique Blake, Jenny Stevens, 2005
- 4:09.50 Monique Walker, Sara Shoaff, Aleesha Barber, Katie Willow, 2006

Distance Medley Relay

- 11:05.16 Caitlin Lane (3:22), Iheoma (53.5), Bekka Simko (2:07.5), Kara Millhouse (4:41.1), 2012
- 11:14.78 Megan Hutchinson, Shana Cox, Briene Simmons, Bridget Franek, 2007
- 11:18.96 Bekka Simko, Ije Iheoma, Marta Klebe, Brooklyne Ridder, 2012
- 11:21.00 Susanne Heyer, Joetta Dweh, Erica Bosler, Kim McGreevy, '97
- 11:21.39** **Abbie Benson, Dynasty McGee, Sarah Jane Underwood, Marta Klebe, 2013**
- 11:26.40 Caitlin Lane, Doris Anyanwu, Liz Kearins, Cheryl Spring, 2010

High Jump

- 5-11.25 (1.81) Brittany Maun, 2010
- 5-11.25 (1.81) Antoinette O'Carroll, 1987
- 5-10.50 (1.79)** **Erika Morgan, 2013**
- 5-9.75 (1.77) Jen Aylward, 2001
- 5-8.50 (1.74) Amber Strouse, 2007
- 5-8.50 (1.74) Kelsey Coutts, 2012

Pole Vault

- 13-5.50 (4.11) Sara Dougherty, 2004
- 12-11.50 (3.95) Jocelyn Witmer, 2010
- 12-11.50 (3.95) Caitlin Fairbairn, 2010
- 12-5.50 (3.80) Amanda Palenchar, 2012
- 12-3.50 (3.75) Lindsey McDonnell, 2003
- 12-3.50 (3.75) Jackie Meissner, 2007

Long Jump

- 20-11.25 (6.38) Gayle Hunter, 2009
- 20-8 (6.30) Chi-Chi Aduba, 2003
- 20-8 (6.30) Shakeema Walker, 1999
- 20-7.50 (6.28) Carmen Mann, 1990
- 20-3.50 (6.18) Bianca Fung, 2009

Triple Jump

- 44-1.50 (13.45) Chi-Chi Aduba, 2004
- 42-4.75 (12.92)** **Marlene Ricketts, 2013**
- 41-11.50 (12.79) Gabriela Baiter, 2008
- 41-9.25 (12.73) Lena Bettis, 2007
- 41-9.25 (12.73) Shakeema Walker, 1998

Shot Put

- 56-5.25 (15.13) Ja'Nai O'Connor, 2004
- 53-6 (16.31) Elaine Sobansky, 1983
- 53-5 (16.28) Jen Leatherman, 2006
- 51-7.25 (15.73)** **Jane Swenson, 2013**
- 51-6.50 (15.71)** **Melissa Kurzdorfer, 2013**
- 51-2 (15.60) Deshaya Williams, 2003

20-lb Weight Throw

- 74-10.50 (22.82) Jen Leatherman, 2006
- 66-3 (20.19) Kate Johnston, 2005
- 65-0.75 (19.83)** **Melissa Kurzdorfer, 2013**
- 64-6 (19.66) Deshaya Williams, 2003
- 62-1.25 (18.93) Ja'Nai O'Connor, 2002

Pentathlon

- 4,342 Gayle Hunter, 2009
- 3,988 Carla Criste, 1985
- 3,870 Brittney Howell, 2012
- 3,805 Amber Strouse, 2007
- 3,596 Danielle Bobo, 2003

Notable Performances

- * 4,059 Gayle Hunter, 2005
- * *American Junior Record*



Track Events

60 Meters	6.76	Ernie Terrell, 2003
200 Meters	20.98	Ryan Olkowski, 2002
400 Meters	46.22	Brady Gehret, 2011
800 Meters	1:46.98	Casimir Loxsom, 2013
Mile	3:57.11	Robby Creese, 2013
3000 Meters	7:54.52	Sam Masters, 2013
5000 Meters	13:52.36	Steve Brown, 1990
60m Hurdles	7.69	Guy Rose, 2001

Relay Events

4x400-Meters	3:05.22	Aaron Nadolsky, Brandon-Bennett-Green, Casimir Loxsom, Brady Gehret, 2012
Distance Medley	9:26.60	Brannon Kidder, Brandon Bennett-Green, Za'Von Watkins, Robby Creese, 2013

Non-NCAA Event Records

55 Meters	6.31	Michael Timpson, 1986
300 Meters	33.01	Michael Timpson, 1986 U.S. Collegiate Record
500 Meters	1:01.28	Casimir Loxsom, 2011
600 Meters	1:15.42	Casimir Loxsom, 2013
1000 Meters	2:19.53	Robby Creese, 2012 ** Collegiate Record **
1500 Meters	3:44.0	Larry Mangan, 1979
55m Hurdles	7.31	Michael Timpson, 1986
4x55-Meters	24.65	Knowledge Timmons, Shawn Colligan, Alex Langan, Ernie Terrell, 2006
4x55m Hurdles	28.8	Paul Pollock, Bill Austin, Matt Graham & Dennis Rock, 1977
4x200-Meters	1:26.24	Alex Langan, Jaret Campisi, Chris Lolagne, Ernie Terrell, 2004
Sprint Medley	3:23.74	Ernie Terrell, Jaret Campisi, Chris Lolagne, Matt Lincoln, 2005
4x800-Meters	7:21.37	Steve Balkey, Dave McMillan, Chris Mills & Ray Levitre, 1987
		7:21.37. Za'Von Watkins, Brannon Kidder,
		Ricky West, Casimir Loxosm, 2013
4-Mile	16:43.4	Jeff Adkins, Tom Rapp, Alan Scharsu & Larry Mangan, 1980

Field Events

High Jump	7-4.25 (2.24)	Paul Souza, 1982
Pole Vault	17-0.75 (5.20)	John Vellenoweth, 2009
Long Jump	25-11 (7.90)	David Coney, 1986
Triple Jump	53-0.75 (16.17)	Chavous Nichols, 2003
Shot Put	65-7 (19.99)	C.J. Hunter, 1990
35-lb. Weight	69-11.75 (21.33)	Will Barr, 2013
Pentathlon	4,097 pts	Brian Kelley, 1993
Heptathlon	5,500 pts	James Cook, 1998

Heptathlon Event Records

Points	5,500	James Cook, 1998
60 Meters	7.07	Anya Uzoh, 2012
Long Jump	22-7 3/4 (6.90)	Anya Uzoh, 2012
Shot Put	45-10 (13.97)	James Cook, 1998
High Jump	6-7 1/2 (2.02)	Anya Uzoh, 2012
60-Meter Hurdles	8.21	J.T. Kuretich, 2003
Pole Vault	15-5 3/4 (4.72)	J.T. Kuretich, 2003
1,000 Meters	2:41.90	Chris Morrissey, 2007

Retired Records

50 Yards	5.1	Barney Ewell, 1942 (1)
300 Yards	30.1	Mike Sands, 1975
500 Yards	57.0	Ollie Sax, 1953
600 Yards	1:09.6	Ken Wynn, 1983
1000 Yards	2:09.4	Pat Rexroat, 1975
2-Miles	8:34.2	Greg Fredericks, 1972
3-Miles	13:17.6	Paul Stemmer, 1976
50-Yard Hurdles	6.1	Rod Perry, 1955 (1)
70-Yard Hurdles	8.4	Jim Gehrdes, 1949;
	8.4	Mike Shine, 1975
National TAC Medley (440, 220, 220, 300)	2:04.9	Mike Sands, Steve Hackman, Jack Davis & Mike Shine, 1975
Indoor Pentathlon	4,097	Brian Kelley, 1993

BOLD - Denotes record set in 2013



MEN'S INDOOR RECORDS

MEN'S INDOOR TOP 5 PERFORMANCES

60 Meters

1. 6.76 Ernie Terrell, 2003
2. 6.77* Michael Timpson, 1986
3. 6.80* Barney Ewell, 1942
4. 6.81 Alex Langan, 2006
5. 6.83 Knowledge Timmons, 2006

* Converted time from 60 yards to 55 meters

200 Meters

1. 20.98 Ryan Olkowski, 2002
2. 21.11 Michael Timpson, 1989
3. 21.18 Greg Miller, 2001
4. 21.21 Ernie Terrel, 2004
5. 21.29 Brady Gehret, 2011

400 Meters

1. 46.22 Brady Gehret, 2011
2. 46.81 Michael Timpson, 1987
3. 46.93 Ernie Terrell, 2003
4. 46.82 Brandon Bennett-Green, 2012
5. 47.01 Aaron Nadolsky, 2012

500 Meters

1. 1:01.28 Casimir Loxsom, 2011
2. 1:02.58 Ben Karcz, 2000
3. 1:02.75 Ernie Terrell, 2003
4. 1:02.81 Mike Cadau, 2009
5. 1:03.04 Steve Janci, 2002

600 Meters

1. **1:15.42** **Casimir Loxsom, 2013**
2. 1:16.89 Ben Karcz, 2001
3. 1:17.65 Lionel Williams, 2009
4. 1:18.16 Matt Lincoln, 2004
5. 1:18.84 Mark Miller, 2005

Notable Performances

- * 1:16.92 Casimir Loxsom, 2010
..... * *American Junior Record*
- * 1:15.79 Casimir Loxsom, 2013
..... * *American Collegiate Record*
- * 1:15.42 Casimir Loxsom, 2013
..... * *All-Time Collegiate and American Best*

800 Meters

1. **1:46.98** **Casimir Loxsom, 2013**
2. 1:47.32 Ryan Foster, 2010
3. 1:47.77 Owen Dawson, 2010
4. **1:48.17** **Brannon Kidder, 2013**
5. 1:48.19 Ray Levitre, 1987

Notable Performances

- 1:47.48 Ryan Foster, 2010
..... * *Australian National Record*

1000 Meters

1. 2:19.53 Robby Creese, 2012
2. 2:19.60 Ryan Foster, 2010
3. **2:21.95** **Ricky West, 2013**
4. 2:21.98 Owen Dawson, 2010
5. **2:22.02** **Za'Von Watkins, 2013**

Notable Performances

- * 2:19.53 Robby Creese, 2012
..... * *Collegiate, American Junior Record*
- * 2:19.60 Ryan Foster, 2010
..... * *Australian National Record*

Mile

1. **3:57.11** **Robby Creese, 2013**
2. 3:58.49 Ryan Foster, 2011
3. **3:59.48** **Brannon Kidder, 2013**
4. 4:01.98 Samuel Borchers, 2008
5. 4:02.3 Greg Fredericks, 1972

3000 Meters

1. **7:54.52** **Sam Masters, 2013**
2. 8:00.78 Ken Frazier, 1989
3. 8:02.05 John Zishka, 1981
4. 8:06.36 Kyle Dawson, 2012

Converted Marks

1. 7:53.58 *Greg Fredericks, 1972*
2. 7:54.50 *Robert Snyder, 1979*
3. 8:02.24 *George Malley, 1977*

5000 Meters

1. 13:52.36 Steve Brown, 1990
2. 13:58.55 Eric Carter, 1986

Converted Marks

1. 13:46.42 *Paul Stemmer, 1976*
2. 13:46.94 *Alan Scharsu, 1980*
3. 13:59.71 *Charlie Maguire, 1974*

60-Meter Hurdles

1. 7.69 Guy Rose, 2001
2. 7.82 Michael Timpson, 1986
3. 7.83 John Whelan, 1998
4. 7.85 Mike Shine, 1975
5. 7.86 Ron Jules, 2007

4x200-Meter Relay

1. **1:24.70** **Emunael Mpanduki, Matt Gilmore, Br. Bennett-Green, Aaron Nadolsky, 2013**
..... ** *Collegiate Record*
2. 1:26:24 Alex Langan, Jaret Campisi,
..... Chris Lolagne, Ernie Terrell, 2005
3. 1:28.31 Alex Langan, Ron Jules,
..... Mike O'Donnell, Adam Stanowick, 2007
4. 1:28.99 Justin Kiscadden, Jaret Campisi,
..... Ernie Terrell, Greg Miller, 2003
5. 1:29.32 Steve Morgan, Jordan Rajan,
..... Justin Babich, Dan Engel, 2006



MEN'S INDOOR TOP 5 PERFORMANCES

4x400-Meter Relay

- 3:05.22 Nadolsky (46.8), Bennett-Green (46.6),
Loxsom (46.1), Gehret (45.8), 2012
- 3:07.27 Nadolsky, Williams,
Loxsom, Gehret, 2011
- 3:07.72 Nadolsky, Gehret,
Loxsom, Gilmore, 2012
- 3:08.03** **Mpanduki, Loxsom,
Gilmore, Br. Bennett-Green, 2013**
- 3:09.43 Derby, Lolagne,
Campisi, Terrell, 2003
- 3:09.65 Mpanduki, Gilmore,
Br. Bennett-Green, Nadolsky, 2012

Sprint Medley Relay

- 3:23.74 Ernie Terrell (48.67), Jaret Campisi (21.31),
Chris Lolagne (21.40), Matt Lincoln (1:52.06), 2005
- 3:27.70 Ben Karcz (49.31), Duane Reeves (21.94),
John Gorham (22.53), Joe Hubbard (1:53.03), 1999
- 3:28.35 Ben Karcz, John Whelan,
Duane Reeves, Joe Loner, 1998
- 3:29.07** Vern Lucas, Steve Evans,
Paul Pollack, Bill Sheskey, 1978
- 3:29.1** Mike Sands, Doug Finkel,
Fred Singleton, Martin Keen, 1974

Converted times from yards in **BOLD**.

4x800-Meter Relay

- 7:21.37** Balkey, McMillan, Mills, Levitre, 1987
Watkins, Kidder, West, Loxsom, 2013
- 7:24.38 Watson, Shiffer, Levitre, Mills, 1986

Converted from 2-Mile Relay

- 7:21.42 McLaughlin, Moore, Wynn, Cook, 1983
- 7:23.38 Watson, Shisler, Mills, Moore, 1985
- 7:24.60 Shisler, McLaughlin, Wynn, Cook, 1983

Distance Medley Relay

- 9:26.60** **Kidder, (2:53.0) Bennett-Green (46.4),
Watkins (1:49.3), Creese (3:57.6), 2013**
- 9:32.94 Borchers, Cadau, Foster, Johnson, 2009
- 9:35.21 Borchers, Williams, Loxsom, O. Dawson, '11
- 9:35.24 Endress, Nadolsky, Manley, Creese, '12
- 9:35.68 O. Dawson, Nadolsky, Williams, Foster, '11
- 9:36.29 Lincoln, Campisi, Michael, Foster, 2005

4xMile Relay

- 16:43.4 Jeff Adkins (4:15.1), Tom Rapp (4:10.2),
Alan Scharzu (4:11.2), Larry Mangan (4:05.9), 1980
- 17:07.5* Charlie Maguire, Bob Hillman,
Dan Supulski, Greg Fredericks, 1972
- 17:10.0 Dan Supulski, Charlie Maguire,
Gary Gittings, Bob Hillman, 1971
- 17:11.8 Larry Mangan, Kelly O'Brien,
Glen Chumley, Tom Rapp, 1973
- 17:14.5 Charlie Maguire, John Fullmer,
Matt Chadwick, Gary Gittings, 1973

*American record when recorded.

High Jump

- 7-4 1/4 (2.24) Paul Souza, 1982
- 7-3 1/4 (2.22) Ryan Fritz, 2007
- 7-2 3/4 (2.20) Ryan Olkowski, 1999
- 7-1 3/4 (2.18) Sean Reilly, 2012
- 7-1 1/2 (2.17) David Coney, 1985
7-1 1/2 (2.17) Bryson Hartzler, 2010

Pole Vault

- 17-0 3/4 (5.20) John Vellenoweth, 2009
- 17-0 (5.18) Mason Ternay, 1992
- 16-9 1/2 (5.12) Ron Campbell, 1985
- 16-9 1/2 (5.12) Rick Kleban, 1985
- 16-8 3/4 (5.10) Dave Bollinger, 2004
16-8 3/4 (5.10) Brad Lawrence, 2010

Long Jump

- 25-11 1/4 (7.91) Dave Coney, 1986
- 25-10 3/4 (7.89) Antonio Davis, 1993
- 25-8 (7.82) George Audu, 1999
- 25-5 1/2 (7.76) Rob Boulware, 1986
- 25-4 1/2 (7.73) John Gorham, 1999

Triple Jump

- 53-0 3/4 (16.17) Chavous Nichols, 2003
- 52-6 (16.00) Clarence Smith, 2009
- 52-4 1/4 (15.955) Ricardo Hall, 1990
52-4 1/4 (15.955) Antonio Davis, 1994
- 51-9 (15.77) Hanif Johnson, 2012

Shot Put

- 65-7 (19.99) C.J. Hunter, 1990
- 65-1 1/4 (19.84) Joe Kovacs, 2011
- 62-6 1/2 (19.05) Phil Caraher, 1991
- 62-1 1/4 (18.93) Blake Eaton, 2011
- 61-7 (18.77) Logan Caldwell, 2012

35-lb Weight Throw

- 69-11 3/4 (21.33)** **Will Barr, 2013**
- 66-5 3/4 (20.26) Dorian Lowe, 2002
- 66-2 1/4 (20.17) Scott Vernon, 2005
- 65-9 3/4 (20.06) Neal McNutt, 1998
- 65-9 (20.04) Tyler Hoffman, 2008

Heptathlon

- 5500 James Cook, 1998
- 5419 Chris Morrissey, 2008
- 5367 Anya Uzoh, 2012
- 5239 Shawn Colligan, 2008
- 5185 J.T. Kuretech, 2000



WOMEN'S OUTDOOR RECORD BOOK

Track Events

100 Meters	11.21	Connie Moore, 2003
200 Meters	22.45	Connie Moore, 2004
400 Meters	50.84	Shana Cox, 2008
800 Meters	2:03.09	Rebekka Simko, 2012
1500 Meters	4:16.96	Doreen Startare, 1983
5000 Meters	15:32.53	Kathy Mills, 1978
10,000 Meters	32:57.33	Kara Millhouse, 2012
100m Hurdles	12.85	Aleesha Barber, 2010
400m Hurdles	55.57	Fawn Dorr, 2010
3000m Steeple	9:32.35	Bridget Franek, 2010

Relay Events

4x100-Meters	44.25	Laurie Fox, Chi-Chi Aduba, Sara Shoaff, Connie Moore, 2003
4x400-Meters	3:27.69	Dominique Blake, Aleesha Barber, Gayle Hunter, Shana Cox, 2012

Non-NCAA Event Records

Mile	4:40.65	Bridget Franek, 2010
3000 Meters	9:08.04	Kathy Mills, 1978
4x200-Meters	1:33.78	Caitlin DeFusco, Shavon Greaves, Fawn Dorr, Doris, Anyanwu, 2010
4x800-Meters	8:39.44	Caitlin Lane, Bekka Simko, Kayln Fisher, Maura Ryan, 2011
Distance Medley	11:08.41	Rebekka Simko, Ije Iheoma, Marta Klebe, Kara Millhouse
Sprint Medley	3:47.90	Aleesha Barber, Dominique Blake, Shana Cox, Briene Simmons, 2007
4x1500m Relay	17:57.28	Meghan Noecker, Bridget Franek, Leah Rosenfeld, Claire Percival, 2007

*All times are FAT (Fully Automatic Timing)

BOLD - Denotes record set in 2013

Field Events

High Jump	6-0 (1.83)	Shelley Mitchell, 1992
Pole Vault	13-1.50 (4.00)	Sara Dougherty, 2004
Long Jump	21-6 (6.55)	Chi-Chi Aduba, 2004
Triple Jump	44-6.75 (13.58)	Chi-Chi Aduba, 2004
Shot Put	55-4.75 (16.88)	Ja'Nai O'Connor, 2004
Discus	185-1 (56.42)	Deshaya Williams, 2003
Hammer	219-1 (66.78)	Jen Leatherman, 2006
Javelin	178-4 (54.35)	Kim Hanslovan, 2009

Heptathlon Event Records

Heptathlon	5797	Gayle Hunter, 2009
100-Meter Hurdles	13.45	Gayle Hunter, 2009
High Jump	5-8.75 (1.75)	Amber Strouse, 2007
Shot Put	40-0 (12.19)	Gayle Hunter, 2009
200-Meters	23.56w	Gayle Hunter, 2008
Long Jump	21-0.50 (6.42)w	Gayle Hunter, 2009
Javelin	126-5 (38.53)	Gayle Hunter, 2008
800-Meters	2:17.20	Gayle Hunter, 2008

Retired Records

800m Medley	1:47.20	Johanna Humphreys, Terry Pioli, Vivian Riddick, Stephanie Weeks, 1982
Javelin (old)	198-11 (60.64)	Jen Pastore, 1998
Pentathlon	3,725 points	Patti Knighton, 1978



WOMEN'S TOP 10 OUTDOOR PERFORMANCES

100 Meters

1.	11.21	Connie Moore, 2004
2.	11.27	Shavon Greaves, 2010
3.	11.33	Mahagony Jones, 2013
4.	11.56	Kamilah Salaam, 2004
-	11.60 w + 2.4	k. Nieuwendam, 2012
5.	11.63 (11.57w)	Aleesha Barber, 2008
6.	11.68	Vivian Riddick, 1983
7.	11.70	Sara Shoaff, 2006
8.	11.72	Caitlin DeFusco, 2010
9.	11.78	Tiffany Glenn, 1999
10.	11.80	Jackie Brown, 1991

200 Meters

1.	22.45	Connie Moore, 2004
2.	23.07	Shavon Greaves, 2010
3.	23.15 (22.92w)	Shana Cox, 2008
4.	23.19 (23.05w)	Mahagony Jones, 2013
5.	23.47	Kirsten Nieuwendam, 2012
6.	23.61	Kamilah Salaam, 2004
7.	23.70	Sara Shoaff, 2005
8.	23.81 (23.56w)	Gayle Hunter, 2008
9.	23.85	Debbie Lewis, 1980
10.	23.90	Vivian Riddick, 1983

400 Meters

1.	50.84	Shana Cox, 2008
2.	52.15	Dominique Blake, 2008
3.	52.51	Fawn Dorr, 2010
4.	53.17	Ije Iheoma, 2012
5.	53.74	Laila Brock, 1998
	53.74	Janice Carter, 1988
7.	53.80	Tammie Hart, 1981
8.	54.15	Shavon Greaves, 2010
9.	54.29	Aleesha Barber, 2010
10.	54.23	Mahagony Jones, 2013

800 Meters

1.	2:03.09	Bekka Simko, 2012
2.	2:04.37	Tammie Hart, 1985
3.	2:04.72	Briene Simmons, 2006
4.	2:05.66	Janice Carter, 1985
5.	2:06.68	Terry Pioli, 1981
6.	2:05.69	Erica Bosler, 1998
7.	2:06.80	Maura Ryan, 2011
8.	2:07.26	Judi Cassel, 1995
9.	2:07.32	Marta Klebe, 2013
10.	2:08.09	Teressa DiPerna, 1989

1500 Meters

1.	4:16.96	Doreen Startare, 1993
2.	4:17.40	Kim McGreevy, 1997
3.	4:17.54	Mary Rawe, 1981
4.	4:18.33	Bridget Franek, 2010
5.	4:19.83	Patty Murnane, 1981
6.	4:20.11	Bekka Simko, 2012
7.	4:20.40	Caitlin Lane, 2010
8.	4:21.10	Heather Carmichael, 1980
9.	4:21.31	Susanne Heyer, 1999
10.	4:21.37	Marta Klebe, 2013

5000 Meters

1.	15:32.52	Kathy Mills, 1978
2.	15:46.08	Bridget Franek, 2010
3.	15:53.50	Paula Renzi, 1985
4.	16:06.32	Kim Kelly, 1993
5.	16:09.38	Stacy Prey, 1990
6.	16:11.93	Brooklyne Ridder, 2013
7.	16:12.00	Kris Bankes, 1978
8.	16:12.88	Natalie Bower, 2013
9.	16:16.72	Kara Millhouse, 2012
10.	16:16.89	Peggy Cleary, 1980

10,000 Meters

1.	33:57.33	Kara Millhouse, 2012
2.	34:00.00	Natalie Updegrove, 1983
3.	34:02.52	Kim Kelly, 1993
4.	34:02.80	Kris Kelly, 1993
5.	34:09.00	Kelli Hunt, 1993
6.	34:20.1	Donna Fidler, 1999
7.	34:24.07	Peggy Cleary, 1980
8.	34:31.75	Cheryl Spring, 2010
9.	34:39.89	Molly Landreth, 2003
10.	34:54.26	Emily Giannotti, 2013

100-Meter Hurdles

1.	12.85	Aleesha Barber, 2010
2.	13.06	Evonne Britton, 2013
3.	13.35	Gayle Hunter, 2009
4.	13.36	Toyin Augustus, 2001
5.	13.82	Shelley Black, 2013
6.	13.83	Kamilah Salaam, 2006
	13.83	Monique Walker, 2006
	13.83	Brittney Howell, 2013
9.	14.13	Pam Connell, 1991
10.	14.19	Carla Criste, 1986



WOMEN'S OUTDOOR RECORDS

WOMEN'S TOP 10 OUTDOOR PERFORMANCES

400-Meter Hurdles

1. 55.57 Fawn Dorr, 2010
2. 57.00 Aleesha Barber, 2007
3. 57.32 Evonne Britton, 2010
4. 57.35 Megan Duncan, 2011
5. 57.88 Shelley Mitchell, 1991
6. **58.22** **Kiah Seymour, 2013**
7. 58.45 Tammie Hart, 1982
8. 58.60 Ernestine Marsh, 1987
9. 58.77 Kim Markel, 2007
10. 58.93 Doris Anyanwu, 2012

3000-Meter Steeplechase

1. 9:32.35 Bridget Franek, 2010
2. 10:07.78 Molly Landreth, 2003
3. **10:07.86** **Natalie Bower, 2013**
4. 10:16.91 Tracey Brauksieck, 2003
5. 10:20.33 Lindsey Graybill, 2012
6. 10:24.01 Claire Percival, 2007
7. 10:26.41 Nicole Lord, 2010
8. **10:26.44** **Abbie Benson, 2013**
9. 10:28.82 Emily Giannotti, 2012
10. **10:32.69** **Tori Gerlach, 2013**

4x100-Meter Relay

1. 44.25 Laurie Fox, Sara Shoaff,
..... Connie Moore, Chi-Chi Aduba, 2003
2. 44.38 Kamilah Salaam, Chi-Chi Aduba,
..... Sarah Shoaff, Connie Moore, 2004
3. 44.57 Shavon Greaves, Caitlin DeFusco,
..... Aleesha Barber, Fawn Dorr, 2010
4. 44.80 Kamilah Salaam, Sara Shoaff,
..... Shana Cox, Brooke Robinson, 2005
5. 44.86 Shavon Greaves, Shana Cox,
..... Aleesha Barber, Dominique Blake, 2008
6. 45.18 Shana Cox, Monique Walker,
..... Kamilah Salaam, Sara Shoaff, 2006
7. 45.31 Toyin Augustus, Chi-Chi Aduba,
..... Laurie Fox, Consuella Moore, 2001
8. **45.34** **Evonne Britton, Kiah Seymour,**
..... **Dynasty McGee, Mahogany Jones, 2013**
9. 45.57 Shavon Greaves, Caitlin DeFusco,
..... Fawn Dorr, Aleesha Barber, 2009
10. 45.60 Lena Bettis, Shana Cox,
..... Aleesha Barber, Dominique Blake, 2007
- 45.60 Laurie Fox, Chi-Chi Aduba,
..... Cherese Sullivan, Connie Moore, 2002

4x200-Meter Relay

1. 1:33.78 Caitlin DeFusco, Shavon Greaves,
..... Fawn Dorr, Doris Anyanwu, 2010
2. 1:33.87 Connie Moore, Kamilah Salaam,
..... Chi-Chi Aduba, Sara Shoaff, 2004
3. 1:34.75 Shavon Greaves, Gayle Hunter,
..... Fawn Dorr, Caitlin DeFusco, 2009
4. 1:35.98 Shana Cox, Gayle Hunter,
..... Dominique Blake, Lauren Burns, 2007
5. 1:36.56 Megan Duncan, Ije Iheoma,
..... Doris Anyanwu, Caitlin DeFusco, 2011
6. 1:36.73 Laurie Fox, Cherese Sullivan,
..... Chi-Chi Aduba, Consuella Moore, 2003
7. 1:38.17 Sara Shoaff, Kamilah Salaam,
..... Dominique Blake, Monique Walker, 2006
8. 1:38.24 Leslie Hummer, Lisa Chess,
..... Ernestine Marsh, Janice Carter, 1988
9. 1:38.25 Consuella Moore, Laurie Fox,
..... Genevieve Keen, Chi Chi Aduba, 2001
10. 1:38.41 Briene Simmons, Shana Cox,
..... Dominique Blake, Monique Walker, 2007

4x400-Meter Relay

1. 3:27.69 Dominique Blake, Aleesha Barber,
..... Gayle Hunter, Shana Cox, 2008
2. 3:30.34 Aleesha Barber, Shavon Greaves,
..... Gayle Hunter, Fawn Dorr, 2009
3. 3:30.35 Doris Anyanwu, Shavon Greaves,
..... Ije Iheoma, Megan Duncan, 2011
4. 3:30.74 Aleesha Barber, Shavon Greaves,
..... Doris Anyanwu, Fawn Dorr, 2010
5. 3:31.75 Dominique Blake, Briene Simmons,
..... Gayle Hunter, Shana Cox, 2007
6. 3:32.90 Briene Simmons, Dominique Blake,
..... Fawn Dorr, Shana Cox, 2008
7. 3:33.03 Doris Anyanwu, Ije Iheoma,
..... Kirsten Nieuwendam, Dynasty McGee, 2012
8. 3:33.40 Dominique Blake, Aleesha Barber,
..... Gayle Hunter, Fawn Dorr, 2008
9. **3:33.47** **Kiah Seymour, Mahogany Jones,**
..... **Shelley Black, Dynasty McGee, 2013**
10. 3:34.81 Briene Simmons, Shana Cox,
..... Dominique Blake, Gayle Hunter, 2007



WOMEN'S TOP 10 OUTDOOR PERFORMANCES

Sprint Medley Relay

1.	3:47.90Aleesha Barber, Dominique Blake, Shana Cox, Briene Simmons, 2007
2.	3:50.15Kamilah Salaam, Sara Shoaff, Shana Cox, Dominique Blake, 2005
3.	3:50.54Shavon Greaves, Gayle Hunter, Fawn Dorr, Bridget Franek, 2009
4.	3:52.37Sara Shoaff, Kamilah Salaam, Dominique Blake, Briene Simmons, 2006
5.	3:53.20Janice Carter, Leslie Hummer, Lisa Chess, Kiernan O'Toole, 1988
6.	3:53.21 Mahagony Jones, Kiah Seymour, Dynasty McGee, Colleen Shannon, 2013
7.	3:54.71Erica Bosler, Laila Brock, Tiffany Glenn, Nicole Paul, 1998
8.	3:55.19Dynasty McGee, Kirsten Nieuwendam, Ije Iheoma, Marta Klebe, 2012
9.	3:55.24Shavon Greaves, Doris Anyanwu, Ije Iheoma, Bekka Simko, 2011
10.	3:55.32Caitlin DeFusco, Erika Schmidt, Megan Duncan, Caitlin Lane, 2010

4x800-Meter Relay

1	8:39.44Caitlin Lane, Bekka Simko, Kalyn Fisher, Maura Ryan, 2011
2	8:41.09Kathy Byrnes, Penny Fales, Sandy Miller, Lea Ventura, 1978
3	8:43.56Tammie Hart, Elaine LaFramboise, Doreen Startare, Terry Pioli, 1982
4	8:43.70Joetta Dweh, Kim McGreevy, Tracy Pombo, Erica Bosler, 1997
5	8:44.37Dominique Blake, Fiana York, Briene Simmons, Meghan Hutchinson, 2006
6	8:47.60MaryBeth Powers, Dana Dougan, Laurie Morrow, Teresa DiPerna, 1990
7	8:47.80Kiernan O'Toole, Beth Stever, Janice Carter, Pam Daniely, 1986
8	8:48.27Doreen Startare, Patty Murnane, Terry Pioli, Mary Rawe, 1981
9	8:49.13Pam Daniely, Kiernan O'Toole, Ann Marie Quinn, Julie Moody, 1988
10	8:50.20Tammie Hart, Judi Cassel, Janice Carter, Heidi Gerken, 1985

Distance Medley Relay

1.	11:08.41Bekka Simko (3:23.0), Ije Iheoma (52.8), Marta Klebe (2:09.8), Kara Millhouse (4:42.8), 2012
2.	11:09.50Tammie Hart, Patty Murnane, Terry Pioli, Mary Rawe, 1981
3.	11:16.97Leah Rosenfeld, Shana Cox, Briene Simmons, Bridget Franek, 2008
4.	11:17.53 Marta Klebe, Marlene Ricketts, Sarah Jane Underwood, Caitlin Lane, 2013
5.	11:18.20Tammi Hart, Janice Carter, Lisa Ross, Paula Renzi, 1985
6.	11:20.80Penny Fales, Debbie Lewis, Heather Carmichael, Mary Rawe, 1980
7.	11:21.64Sue Huelster, Erica Bosler, Erin St. John, Kim McGreevy, 1996
8.	11:25.72Caitlin Lane, Fawn Dorr, Liz Kearins, Bridget Franek, 2009
9.	11:26.54Bridget Franek, Megan Duncan, Caitlin Lane, Cheryl Spring, 2010
10.	11:30.54Doreen Startare, Tammie Hart, Terry Pioli, Patty Murnane, 1982

4x1500-Meter Relay

1.	17:57.28Meghan Noecker, Bridget Franek, Leah Rosenfeld, Claire Percival, 2007
2.	18:02.32 Marta Klebe, Caitlin Lane, Brooklyne Ridder, Sara Jane Underwood, 2013
3.	18:07.25Katy Hillard, Jenny Stevens, Lauren Clark, Tracey Brauksieck, 2004
4.	18:19.78Laurie Morrow, Ann Marie Quinn, Kiernan O'Toole, Wendy Nelson, 1989
5.	18:21.78Jenny Stevens, Nicki Bohnsack, Stephanie Pezzulo, Lindsay Scottoline, 2005
6.	18:38.35Laurie Morrow, Wendy Nelson, Jenny Weaver, Amanda Dudley, 1991
7.	18:43.37Laurie Morrow, Dana Dougan, Anna DeRenzi, Jenny Weaver, 1992

High Jump

1.	6-0 (1.83)Shelley Mitchell, 1992
2.	5-11.25 (1.81)Pam Connell, 1991
3.	5-11Antoinette O'Carroll, 1987
4.	5-10.75 (1.80) Erika Morgan, 2013
5.	5-10.50 (1.79)Karen Krawick, 1980
	5-10.50 (1.79)Jenny Williams, 1987
	5-10.50 (1.79)Leslie Lippincott, 1991
8.	5-10.25 (NMC)Holly Jones, 1992
9.	5-10 (1.78)Deb Ford, 1988
10.	5-9.75 (1.77)Carmen Mann, 1990



WOMEN'S OUTDOOR RECORDS

WOMEN'S TOP 10 OUTDOOR PERFORMANCES

Pole Vault

- 13-1.25 (4.00)..... Sara Dougherty, 2004
- 12-9.25 (3.90)..... Jocelyn Witmer, 2010
- 12-8.25 (3.87)..... Caitlin Fairbairn, 2010
- 12-6.25 (3.82)..... Amanda Palenchar, 2012
- 12-5.25 (3.80)..... Kelly Nesbit, 2005
- 12-2 (3.71)..... Lindsey McDonnell, 2002
- 11-7.75 (3.55)..... Biz Curran, 2002
11-7.75 (3.55)..... Rachel NeMoyer, 2008
- 11-5.75 (3.50)..... Kim Pfeifer, 2005
- 11-0.75 (3.37)..... Dana Gioia, 2003

Long Jump

- 21-6 (6.55)..... Chi-Chi Aduba, 2004
- 21-4.75 (6.52)..... Gayle Hunter, 2008
- 20-10.75 (6.37)..... Carmen Mann, 1989
20-10.75 (6.37)..... Shakeema Walker, 1999
~ 20-10.50 (6.36) w..... Bianca Fung, 2009
- 20-4.50 (6.21)..... Vivian Riddick, 1982
- 20-4.25 (6.20)..... Monique Gillman, 1997
- 20-3 (6.17)..... Lena Bettis, 2007
- 19-10.25 (6.05) Brittney Howell, 2013**
- 19-8 (5.99)..... Stephanie Gurysh, 1986
- 19-7 (5.97)..... Pam Connell, 1987

Triple Jump

- 44-6.75 (13.58)..... Chi-Chi Aduba, 2004
- 44-3 (13.48)..... Shakeema Walker, 1999
- 43-1 (13.13)..... Carmen Mann, 1990
- 42-3.50 (12.89)..... Tanaya Lloyd, 2012
- 41-7 (12.67)..... Lena Bettis, 2007
41-7 (12.67) Marlene Ricketts, 2013
- 41-2.50 (12.56)..... Gayle Hunter, 2007
41-2.50 (12.56)..... Alicia Porro, 1992
- 40-9 (12.42)..... Hanna Humphreys, 1984
- 40-8.75 (12.41)..... Stephanie Gurysh, 1986

Shot Put

- 55-4.75 (16.88)..... Ja'Nai O'Connor, 2004
- 55-0 (16.76)..... Elaine Sobansky, 1984
- 53-8.25 (16.36)..... Jennifer Leatherman, 2006
- 52-6 (16.00)..... Jane Swenson, 2011
- 51-6.25 (15.70)..... Deshaya Williams, 2003
- 50-3.50 (15.58)..... Emma Schmelzer, 2009
- 50-3.25 (15.32) Melissa Kurzdorfer, 2013**
- 49-7.25 (15.12) Rachel Fatherly, 2013**
- 48-6 (14.78)..... Kim Hicks, 1998
- 47-10 (14.58)..... Kim Kessell, 1990

Discus

- 185-1 (56.41)..... Deshaya Williams, 2001
- 173-4 (52.83)..... Christen Clemson, 2007
- 170-0 (51.82)..... Jennifer Leatherman, 2006
- 167-7 (51.08)..... Elaine Sobansky, 1984
- 167-4 (51.01)..... Emma Schmelzer, 2007
- 166-8 (60.96) Melissa Kurzdorfer, 2013**
- 160-8 (48.97) Rachel Fatherly, 2013**
- 157-6 (48.02)..... Taylor McNally, 2011
- 156-7 (47.72)..... Lexi Benamati, 2004
- 155-8 (47.44)..... Kim Kessell, 1991

Hammer

- 219-1 (66.78)..... Jennifer Leatherman, 2006
- 207-10 (63.35)..... Melissa Kurzdorfer, 2012
- 197-3 (60.12)..... Kate Johnston, 2003
- 190-10 (56.16)..... Deshaya Williams, 2003
- 186-11 (56.97)..... Helen Higgins, 2007
- 179-6 (54.35)..... Emma Schmelzer, 2009
- 178-0 (54.26) Rachel Fatherly, 2013**
- 174-3 (53.11)..... Robbin Shomper, 2003
- 172-4 (52.53)..... Jane Swenson, 2011
- 170-11 (52.10)..... Michelle Thompson, 1992

Javelin

- 178-4 (54.35)..... Kim Hanslovan, 2009
- 177-8 (54.15) Laura Loht, 2013**
- 177-3 (54.02) Lauren Kenney, 2013**
- 176-2 (53.70)..... Karlee McQuillen, 2008
- 169-3 (51.58)..... Carrie Karabinos, 1999
- 167-2 (50.96)..... Heidi Nadeau, 2007
- 167-1 (50.92)..... Brianne Johnson, 2001
- 159-4 (48.56)..... Ashley Colley, 2002
- 156-3 (47.62)..... Kristen Eash, 2004
- 155-9 (47.47)..... Diana Bruch, 2005

Heptathlon

- 5797 Gayle Hunter, 2009
- 5706 Pam Connell, 1991
- 5420 Carmen Mann, 1990
- 5407 Shelley Mitchell, 1992
- 5311 Carla Criste, 1986
- 5093 Brittney Howell, 2012
- 4919 Amber Strouse, 2007
- 4917 Holly Jones, 1992
- 4878 Felicia Cooksey, 1999
- 4826 Danielle Bobo, 2003



Track Events

100 Meters	10.1 Mike Sands, 1975
200 Meters	20.23 (FAT) Michael Timpson, 1986
400 Meters	45.20 Mike Sands, 1975
800 Meters	1:45.28 Casimir Loxsom, 2011
1500 Meters	3:38.99 (FAT) Steve Balkey, 1987
5000 Meters	13:34.0 Greg Fredericks, 1972
10,000 Meters	28:08.0 Greg Fredericks, 1972
110m Hurdles	13.56 Guy Rose, 2001
400m Hurdles	48.69 (FAT) Mike Shine, 1976
3000m Steeple	8:22.5 George Malley, 1977

Relay Events

4x100-Meter	39.63 Jack Davis, Steve Hackman, Mike Shine, Mike Sands, 1975
4x400-Meter	3:01.52 A Nadolsky, Br Bennett-Green, C Loxsom, B Gehret, 2012

Non-NCAA Event Records

Mile	3:58.4 Larry Mangan, 1980
2000 Meters	5:07.2 Greg Fredericks, 1972
3000 Meters	7:54.0 George Malley, 1977
20,000 Meters	1:04:40 Kevin Geesaman, 1998
Marathon	2:17:49 George Christopher, 1975

Non-NCAA Relay Records

4x200-Meter	1:23.85 Alex Langan, Chris Lolagne Jaret Campisi, Ernie Terrell, 2005
4x800-Meter	7:11.17 Vance Watson, Steve Shisler, Chris Mills, Randy Moore 1985
4x1500-Meter	14:58.71	... Bob Hudson, Mark Overheim, Eric Carter, Steve Shisler, 1986
4x1600-Meter	16:12.5 Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
4-Mile Relay	16:18.5 Tom Rapp, Bob Snyder, Mike Wyatt, Larry Mangan, 1979
Distance Medley	9:24.68 Brannon Kidder, Brandon Bennett-Green Casimir Loxsom, Robby Creese, 2013
Sprint Medley	3:17.10	... Aaron Nadolsky, Brady Gehret, Casimir Loxsom, Ryan Foster, 2011
4x110m Hurdles	57.29 Chris Green, Al Parker Sam Harris, Michael Timpson, 1986

Field Events

High Jump*	7-3.50 (2.22) David Coney, 1985 7-3.25 (2.22) Jon Hendershot, 2013
Pole Vault	17-5.50 (5.32) John Vellenoweth, 2009
Long Jump	25-11 (7.90) David Coney, 1985
Triple Jump	54-6 (16.61) Antonio Davis, 1993
Shot Put	69-2 (21.08) Joe Kovacs, 2012
Discus	207-5 (63.22) Brian Milne, 1992
Hammer	218-6 (66.60) Al Jackson, 1976
Javelin (new)	239-9 (73.09) Allen Pettner, 2007

Decathlon Event Records

Points	7,685 Rick Kleban, 1985
First-day Score	3,931 Dave Masgay, 1987
Second-day Score	3,774 James Cook, 1996
100 Meters	11.01 Rick Kleban, 1985 Shawn Colligan, 2008
Long Jump	23-7.25 (7.19) Dave Masgay, 1987
Shot Put	48-9.50 (4.87) Barry Walsh, 1989
High Jump	6-8.25 (2.04) Anya Uzoh, 2011
400 Meters	47.65 Brian Kelley, 1991
110-Meter HH	14.45 Rick Kleban, 1987
Discus	155-3 (47.32) James Cook, 1997
Pole Vault	16-2 1/2 (4.94) Rick Kleban, 1985
Javelin	206-2 (62.83) Shawn Colligan, 2008
1,500 Meters	4:21.05 Tom Kleban, 1989

Retired Records

2000m Steeple	5:43.2 Rick Garcia, 1981
Javelin (old)	78.77 (258-5)	... Jim Stevenson, 1966

BOLD - Denotes record set in 2013

* Coney's mark is only recorded with an English measurement, 2.22m is the nearest metric equivalent.



MEN'S OUTDOOR RECORDS

MEN'S TOP 10 OUTDOOR PERFORMANCES

100 Meters

1	10.34 (10.1 MT)	Mike Sands, 1975
2	10.44	Mike Shine, 1976
3	10.46	Ryan Olkowski, 2002
4	10.47	Michael Timpson, 1987
5	10.49	Bob Brown, 1961
6	10.5	Alex Langan, 2006
7	10.54	Barry Ewell, 1941
	10.54	Brian Littlejohn, 1984
9	10.55	Steve Hackman, 1976
10	10.56	Paul Lankford, 1980
	10.56	Greg Miller, 2000

200 Meters

1	20.23	Michael Timpson, 1986
2	20.58	Mike Sands, 1975
3	20.59	Ryan Olkowski, 2002
4	20.62	Brady Gehret, 2012
5	21.01	Ernie Terrell, 2002
6	21.02	Barry Ewell, 1942
	21.02	Art Pollard, 1955
8	21.13	Brandon Bennett-Green, 2012
9	21.14	Brian Littlejohn, 1984
10	21.15	Greg Miller, 2000

400 Meters

1	45.20	Mike Sands, 1975
2	45.22	Brady Gehret, 2012
3	45.94	Brandon Bennett-Green, 2012
4	46.14	Paul Lankford, 1980
5	46.62	Ernie Terrell, 2002
6	46.74	Mike Cadau, 2009
7	46.91	Ben Karcz, 2002
8	46.98	Mike Shine, 1976
9	47.06	Michael Timpson, 1988
	47.06	Chris Lolagne, 2005

800 Meters

1.	1:45.28	Casimir Loxsom, 2011
2.	1:45.96	Randy Moore, 1985
3.	1:46.62	Ray Levitre, 1987
4.	1:46.78	Ryan Foster, 2009
5.	1:46.81	Chris Mills, 1987
6.	1:46.82	Ken Wynn, 1983
7.	1:46.85	Samuel Borchers, 2011
8.	1:46.87	Brannon Kidder, 2013
9.	1:47.63	Mike Cook, 1982
10.	1:47.83	Mark Miller, 2008

1500 Meters

1.	3:38.99	Steve Balkey, 1987
2.	3:39.25	Larry Mangan, 1980
3.	3:39.57	Ryan Foster, 2011
4.	3:41.03	Robby Creese, 2013
5.	3:42.07	Brannon Kidder, 2013
6.	3:42.08	Doug Walter, 1990
7.	3:42.12	David McMillan, 1988
8.	3:42.20	George Malley, 1977
	3:42.20	Mike Wyatt, 1977
10.	3:42.54	Owen Dawson, 2012

5000 Meters

1	13:34.00	Greg Fredericks, 1972
2	13:36.30	Robert Snyder, 1978
3	13:42.10	Alan Scharsu, 1980
4	13:50.54	Steve Brown, 1989
5	13:52.40	Paul Stemmer, 1977
6	13:53.20	George Malley, 1976
7	13:55.00	Jeff Adkins, 1982
8	13:56.10	Charlie Maguire, 1974
9	13:57.10	Gary Gittings, 1973
10	13:57.33	Sam Masters, 2013

10,000 Meters

1.	28:08.0	Greg Fredericks, 1972
2.	28:29.4	Charlie Maguire, 1974
3.	28:38.3	Eric Carter, 1987
4.	28:42.80	Paul Stemmer, 1976
5.	28:55.33	Kyle Dawson, 2012
6.	29:11.71	John Ziegler, 1979
7.	29:15.73	Tyler McCandless, 2010
8.	29:25.58	Mark Wimmer, 1994
9.	29:27.6	George Malley, 1975
10.	29:30.6	Alan Scharsu, 1980

110-Meter Hurdles

1	13.56	Guy Rose, 2001
2	13.73	Paul Lankford, 1980
3	13.80	Michael Timpson, 1988
4	13.87	Mike Shine, 1976
5	13.96	Ron Jules, 2008
6	14.06	John Whelan, 1997
7	14.08	Sam Harris, 1988
8	14.09	Brian Derby, 2002
9	14.09	Barry Robinson, 1985
10	14.16	Rick Kleban, 1984



MEN'S TOP 10 OUTDOOR PERFORMANCES

400-Meter Hurdles

1. 48.69 Mike Shine, 1976
2. 49.55 Paul Lankford, 1981
3. 49.72 Brian Derby, 2003
4. 50.10 Jaret Campisi, 2005
5. 50.49 Bill Austin, 1978
6. 50.54 Michael Timpson, 1988
7. 50.61 Barry Robinson, 1985
8. 50.67 Kevin Cripasuk, 1992
9. 50.76 Brian Kelly, 1993
10. 50.89 Ben Karcz, 2001

3000-Meter Steeplechase

1. 8:22.54 George Malley, 1977
2. 8:37.7 Rick Garcia, 1983
3. 8:40.4 Bruce Baden, 1977
4. 8:42.85 Eric Carter, 1988
5. 8:47.03 Larry Mangan, 1980
6. 8:48.1 Paul Mackley, 1985
7. 8:49.45 Brian Laird, 1989
8. 8:50.9 Jim Allahand, 1972
9. 8:51.84 Chris Foster, 2005
10. 8:53.71 Andy Scott, 1991

4x100-Meter Relay

1. 39.63 Jack Davis, Steve Hackman,
..... Mike Shine, Mike Sands, 1975
2. 39.88 Doug Finkel, Fred Singleton,
..... Mike Sands, Jimmy Scott, 1973
3. 40.18 Mike Shine, Steve Hackman,
..... Fred Singleton, Mike Sands, 1974
4. 40.40 Guy Rose, Duane Reeves,
..... Greg Miller, Ryan Olkowski, 2001
5. 40.48 Doug Finkel, Steve Hackman,
..... Fred Singleton, Mike Sands, 1974
6. 40.48 Doug Finkel, Mike Shine,
..... Fred Singleton, Mike Sands, 1974
7. 40.52 Alex Langan, Diamond Woolford,
..... Jaret Campisi, Ernie Terrell, 2004
8. 40.54 Sid Lewis, Al Parker,
..... Dave Coney, Michael Timpson, 1986
9. 40.58 Alex Langan, Diamond Woolford,
..... Jaret Campisi, Chris Lolagne, 2004
10. 40.61 Bryant Littlejohn, Rob Boulware,
..... Dave Coney, Michael Timpson, 1986

4x200-Meter Relay

1. 1:23.85 Alex Langan, Chris Lolagne,
..... Jaret Campisi, Ernie Terrell, 2005
2. 1:23.87 Bryant Littlejohn, Dave Coney,
..... Sean Faust, Michael Timpson, 1986
3. 1:24.10 Guy Rose, Ben Karcz,
..... Greg Miller, Ryan Olkowski, 2001
4. 1:24.18 Alex Langan, Diamond Woolford,
..... Jaret Campisi, Chris Lolagne, 2004
5. 1:24.42 Emunael Mpanduki, Brady Gehret,
..... Aaron Nadolsky, Mark Filando, 2011
6. 1:24.82 Jaret Campisi, Chris Lolagne,
..... Greg Miller, Ryan Olkowski, 2002
7. 1:24.86 Doug Finkel, Steve Hackman,
..... Fred Singleton, Mike Sands, 1974
8. 1:25.04 Munya Maraire, Jaret Campisi,
..... Greg Miller, Ryan Olkowski, 2002
9. 1:25.16 Doug Finkel, Fred Singleton,
..... Ed Chubb, Jim Scott, 1972
10. 1:25.56 Dennis Rock, Steve Hackman,
..... Mike Shine, Mike Sands, 1975

4x400-Meter Relay

1. 3:01.52 Aaron Nadolsky (46.6), Br. Bennett-Green (44.8),
..... Casimir Loxsom (45.6), Brady Gehret (44.22), 2012
2. 3:04.78 Aaron Nadolsky (47.2), Matt Gilmore (47.4),
..... Brady Gehret (44.1), Br. Bennett-Green (46.1), 2012
3. 3:06.50 Br. Bennett-Green, Brady Gehret,
..... Casimir Loxsom, Emunael Mpanduki, 2012
4. **3:06.21** **Matt Gilmore, Alex Shisler,**
..... **Be. Bennett-Green, Br. Bennett-Green, 2013**
5. **3:06.80** **Be. Bennett-Green, Gilmore,**
..... **Casimir Loxsom, Br. Bennett-Green, 2013**
6. 3:07.19 Aaron Nadolsky, Casimir Loxsom,
..... Brady Gehret, Lionel Williams, 2011
7. **3:07.31** **Emunael Mpanduki, Casimir Loxsom,**
..... **Aaron Nadolsky, Br. Bennett-Green, 2013**
8. 3:08.22 Steve Janci (47.71), Munya Maraire (46.94),
..... Duane Reeves (46.81), Ben Karcz (46.70), 2000
9. 3:08.54 Brian Derby (48.85), Steve Janci (46.67),
..... Duane Reeves (47.46), Ben Karcz (45.21), 2001
10. 3:09.10 Steve Hackman, Steve Evans, Keith Falco,
..... Mike Shine, Penn Relays, 1976



MEN'S OUTDOOR RECORDS

MEN'S TOP 10 OUTDOOR PERFORMANCES

4x800-Meter Relay

1. 7:11.17 Vance Watson (1:49.2), Steve Shisler (1:47.9),
.....Chris Mills (1:48.5), Randy Moore (1:45.5), 1985
2. 7:12.90Lionel Williams (1:50.69), Sam Borchers (1:47.56),
....Ryan Foster (1:47.95), Casimir Loxsom (1:46.70), 2011
3. **7:14.14. Robby Creese (1:50.53), Za'Von Watkins (1:48.22)
Casimir Loxsom (1:46.30), Brannon Kidder (1:49.10), 2013**
4. 7:14.65Steve Balkey (1:51.5), Mark Anderson (1:49.2),
.....Chris Mills (1:46.1), Ray Levitre (1:47.85), 1987
5. 7:16.02 Vance Watson (1:48.9), Steve Shisler (1:49.9),
.....Ray Levitre (1:48.7), Chris Mills (1:48.4), 1986
6. 7:17.02 ... Owen Dawson (1:49.84), Casimir Loxsom (1:46.58),
.....Lionel Williams (1:51.94), Ryan Foster (1:48.67), 2010
7. 7:17.03 Vance Watson, Steve Shisler,
.....Chris Mills, Randy Moore, 1985
8. 7:17.90 ..Paul McLaughlin (1:49.1), Randy Moore (1:49.1),
..... Ken Wynn (1:49.1), Mike Cook (1:49.5), 1983
9. 7:18.66.. Owen Dawson (1:51.7), Samuel Borchers (1:49.8),
.....Lionel Williams (1:48.4), Ryan Foster (1:48.9), 2009
10. 7:18.72 Ryan Foster, Owen Dawson,
..... Casimir Loxsom, Lionetl Williams, 2010

Distance Medley

1. **9:24.68Brannon Kidder (2:53.5),
.....Brandon Bennett-Green (45.6),
.....Casimir Loxsom (1:46.7), Robby Creese (3:58.9), 2013**
2. 9:30.1 Larry Mangan (2:53.3), Paul Lankford (45.6),
.....Mike Cook (1:49.6), Alan Scharsu (4:01), 1980
3. 9:31.53. David McMillan (2:56.9), Michael Timpson (45.5),
..... Ray Levitre (1:47.8), Steve Balkey (4:01.3), 1987
4. 9:35.8 Jim Close (800), Bill Austin (400),
..... Mike Wyatt (1200), Larry Mangan (1600), 1979
5. 9:35.12 Aidan O'Reilly (2:57.1), Jon Strange (48.6),
..... Mark Anderson (1:48.4), Doug Walter, (4:01.4), 1990
6. 9:37.92 Mike Cook (1200), Jeff Lockett (400),
..... Ken Wynn (800), Gary Black (1600), 1982
7. 9:38.9 Pat Rexroat (800), Keith Falco,
..... Mike Wyatt, Dave Felice, 1977
8. 9:38.16 Aidan O'Reilly (2:56.8), Jerry Robinson, (47.9),
.....Joe Stegbauer (1:50.7), Doug Walter (4:03.2), 1991
9. 9:39.54 Steve Shisler (2:58.9), Sean Faust (47.7),
.....Vance Watson (1:49.1), Mark Overheim (4:03.7), 1986
10. 9:39.9Vance Watson (2:59.2), Ken Wynn (47.2),
..... Randy Moore (1:49.2), Mark Overheim (4:04.3), 1984

High Jump

1. 7-3.50 (2.22).....David Coney, 1985
7-3.25 (2.22)Jon Hendershot, 2013
3. 7-3 (2.21)..... Paul Souza, 1983
4. 7-2.50 (2.20)..... Ryan Fritz, 2007
5. 7-2.25 (2.19)..... Sean Reilly, 2013
6. 7-1.75 (2.18).....David Kriz, 1995
7. 7-0.50 (2.15)..... Ryan Olkowski, 1999
8. 7-0.25 (2.14)..... Nick Plack, 2000
7-0.25 (2.14) Sean Reilly, 2013
9. 7-0 (2.13)..... Aaron Gawne, 1993
10. 6-11 (2.11).....Sean Vago, 1997

* Coney's 7-3.50 was measured in English (the closet metric equivalent is 2.22)

Pole Vault

1. 17-5 1/2 (5.32).....John Vellenoweth, 2009
2. 17-5 (5.31).....Mason Ternay, 1991
3. 17-0 (5.18)..... Dave Bollinger, 2004
4. 16-10 (5.13).....Rick Kleban, 1985
5. 16-7.25 (5.06)..... Ron Campbell, 1985
16-7.25 (5.06)..... Bradford Lawrence, 2009
7. 16-6.75 (5.05)..... Kevin Dare, 2001
16-6.75 (5.05)..... Nick Fegley, 2003
9. 16-6 (5.03)..... Ken Stoffer, 1983
10. 16-4 (4.98)..... Bill Gifford, 1975

Long Jump

1. 25-11 (7.90).....David Coney, 1985
2. 25-9 (7.86)..... Rob Boulware, 1986
25-9 (7.86)..... Steve Pina, 1996
4. 25-8.75 (7.84).....George Audu, 1999
25-8.75 (7.84)..... John Gorham, 1999
6. 25-6 (7.77).....Antonio Davis, 1993
7. 25-2.75 (7.69)..... Ryan Olkowski, 2000
8. 25-0.75 (7.64).....Chavous Nichols, 2004
- 25-0 (7.62) w +3.7Doug Moppert, 2011
9. 24-10.50 (7.58).....Al Bates, 1928
10. 24-9 (7.54)..... Michael Timpson, 1986

Triple Jump

1. 54-6 (16.61).....Antonio Davis, 1993
2. 54-3.75 (16.55).....Chavous Nichols, 2004
3. 53-1.50 (16.19)..... Clarence Smith, 2009
4. 52-8.25 (16.06)..... Ricardo Hall, 1990
5. 51-8.50 (15.76)..... Hanif Johnson, 2011
6. 51-1 (15.57)..... Warren Rockwell, 1966
7. 50-7 (15.42).....Steve Pina, 1995
8. 50-6 (15.39)..... Jay Pagana, 2007
9. 50-5.50 (15.38)..... Ed Roskiewicz, 1981
10. **50-5 (15.37) Brian Leap, 2013**



MEN'S TOP 10 OUTDOOR PERFORMANCES

Shot Put

1.	69-2 (21.08)	Joe Kovacs, 2012
2.	65-5 (19.94)	C.J. Hunter, 1990
3.	64-2.50 (19.57)	Blake Eaton, 2010
4.	64-0.25 (19.51)	Knut Hjeltnes, 1975
5.	62-9.25 (19.13)	Darrell Hill, 2013
6.	61-11.75 (18.89)	Logan Caldwell, 2012
7.	61-3.25 (18.68)	Greg Reyner, 1986
8.	61-1.25 (18.62)	Phil Caraher, 1990
9.	59-7 (18.16)	Dane Miller, 2004
10.	57-1.50 (17.64)	Mike Valenti, 1983

Decathlon

1	7685	Rick Kleban,, 1985
2	7600	James Cook, 1996
3	7588	Dave Masgay, 1987
4	7472	Barry Walsh , 1989
5	7424	J.T. Kuretich, 2003
6	7415	Brian Kelley, 1991
7	7361	Shawn Colligan, 2008
8	7119	Anya Uzoh, 2012
9	7097	Chris Morrisey, 2008
10	7070	Chris Green, 1986

Discus

1	207-5 (63.22)	Brian Milne, 1992
2	201-10 (61.52)	Knut Hjeltnes, 1975
3	186-9 (56.90)	Gary Williky, 1979
4	186-3 (56.78)	Blake Eaton, 2011
5	184-0 (56.08)	Joe Kovacs, 2011
6	183-6 (55.93)	Will Barr , 2012
7	177-11 (54.23)	Dan Diaz, 2003
8	176-10 (53.90)	Steve Meyers, 2006
9	175-3 (53.41)	Adam Thielemann, 2009
10	175-1 (53.36)	Sean Farrell, 1980

Hammer

1.	218-6 (66.60)	Alvin Jackson, 1976
2.	207-10 (63.35)	Will Barr, 2013
3.	203-0 (61.88)	Neal McNutt, 1998
4.	201-9 (61.50)	Joe Kovacs, 2011
5.	198-5 (60.49)	Tyler Hoffman, 2008
6.	197-0 (60.04)	Todd Shenk, 1984
7.	194-7 (59.30)	Cory Eck, 2010
8.	193-9 (59.07)	Jon Hart, 2005
9.	190-0 (57.92)	Aaron Ross, 2005
10.	189-6 (57.76)	Dorian Lowe, 2002

Javelin

1	239-9 (73.09)	Allen Pettner, 2007
2	237-1 (72.26)	Troy Burkholder, 1997
3	233-8 (71.22)	Carl Wolter, 1996
4	233-4 (71.13)	Tanner Evak, 2009
5.	230-6 (70.27)	Michael Shuey, 2013
6	231-3 (70.48)	Brian Stumpf, 2003
7	230-3 (70.19)	Matt Moyer, 2004
8	227-8 (69.40)	Rob Austin, 1995
9	225-7 (68.76)	Dave Matson, 1999
10	220-2 (67.10)	John Hanley, 1988



ASHENFELTER III INDOOR TRACK

ASHENFELTER III INDOOR TRACK || FACILITY RECORDS

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
Men 60 Meters	6.58	2011	Reggie Dixon - Hampton
Women 60 Meters	7.17	2012	Barbara Pierre - Unattached
Men 200 Meters	20.72	2006	LaShawn Merritt - Unattached
Women 200 Meters	22.98	2010	Shavon Greaves - Penn State
Men 400 Meters	45.46	2001	Andrew Pierce - Ohio State
Women 400 Meters	52.31	2007	Shana Cox - Penn State
Men 500 Meters	1:01.28	2011	Casimir Loxsom - Penn State
Women 500 Meters	1:08.70*	2010	Shana Cox - Adidas
	1:09.16 C, AJ	2007	Francena McCorory - Hampton
Men 600 Meters	1:15.79 AmC	2013	Casimir Loxsom - Penn State
	1:16.92 AJ	2010	Casimir Loxsom - Penn State
Women 600 Meters	1:27.22	2010	Molly Beckwith - Indiana
Men 800 Meters	1:46.98	2013	Casimir Loxsom - Penn State
Women 800 Meters	2:03.51	2011	Erica Moore - Knoxville Elite
Men 1000 Meters	2:19.53 C, AJ	2012	Robby Creese - Penn State
Women 1000 Meters	2:42.31	2010	Nicole Edwards - Unattached
Men Mile	3:56.51	2012	Jeff See - Saucony
Women Mile	4:30.41	2013	Sheila Reid - Nike
Men 3000 Meters	7:58.51	2000	Robert Gary - Adidas
Women 3000 Meters	9:01.91	2011	Jackie Areson - Tennessee
Men 5000 Meters	13:58.16	2009	Hassan Mead - Minnesota
Women 5000 Meters	15:48.10	2005	Maureen McCandless - Pittsburgh
Men 60 Meter Hurdles	7.49	2012	Jarret Eaton - Syracuse
Women 60 Meter Hurdles	7.92	2002	Danielle Carruthers - Indiana
Men 2000 Meter Steeplechase	5:47.33	2013	Michael Kiley - Penn State
Women 2000 Meter Steeplechase	6:29.38	2013	Natalie Bower - Penn State
Men 4x200 Meter Relay	1:24.70 CR	2013	Penn State - E Mpanduki, M Gilmore, Br. Bennett-Green, A Nadolsky
Women 4x200 Meter Relay	1:37.25	2013	Penn State - M Jones, K Nieuwendam, D Anyanwu, K Seymour
Men 4x400 Meter Relay	3:07.33	2012	Pittsburgh - M Murray, D Cowsette, J Lowery, B Spratling
Women 4x400 Meter Relay	3:34.38	2005	Tennessee - L Loche, N Cook, P Hall, C Champion
Men 4x800 Meter Relay	7:23.13	2009	Phoenix Athletics - K Smith, A Maloney, M Lincoln, A Heaney
Women 4x800 Meter Relay	8:34.82	2009	Tennessee - L Loche, N Cook, P Hall, C Champion
Men Sprint Medley	3:23.74	2005	Penn State - E Terrell, J Campisi, C Lolagne, M Lincoln
Women Sprint Medley	3:52.25 C	2007	Penn State - L Burns, L Bettis, A Barber, B Simmons
Men Distance Medley	9:29.79	2004	Michigan - A Ellerton, S Waithe, N Brannen, N Willis
Women Distance Medley	10:55.95	2012	Georgetown - R Schneider, L Finley, C Cox, E Infield
Men High Jump	7-5 (2.26)	2008	Joe Kindred - St. Augustine's
Women High Jump	6-2.75 (1.90)	2013	Tynita Butts - East Carolina
Men Pole Vault	18-3 (5.56)	2001	Paul Terek - Michigan State
Women Pole Vault	14-3.25 (4.35)	2010	Alicia Rue - Minnesota
Men Long Jump	26-1.50 (7.96)	2011	Justin Hunter - Tennessee
Women Long Jump	21-6.75 (6.57)	2006	Tianna Madison - Nike
Men Triple Jump	55-9 (16.99)	2006	Leevan Sands - Bahamas
Women Triple Jump	45-2.50 (13.45)	2004	Colleen Scott - Unattached
Men Shot Put	70-10 (21.59)	2013	Ryan Whiting - Nike
Women Shot Put	60-7.75 (18.48)	2006	Cleopatra Borel-Brown - Unattached
Men Weight Throw 35 lb	74-4.25 (22.66)	2004	Dan Taylor - Ohio State
Women Weight Throw 20 lb	73-0.50 (22.26)	2007	Jennifer Leatherman - Unattached
Men Heptathlon	5827	2005	Ryan Olkowski - Unattached
Women Pentathlon	4731	2010	Hyleas Fountain - Nike
	4059 AJ	2005	Gayle Hunter - Penn State



NITTANY LION TRACK || FACILITY RECORDS

Men's Records

EVENT	PERFORMANCE	YEAR	ATHLETE - SCHOOL
100 Meters	10.19	2007	Demi Omole, Wisconsin, 2007
200 Meters	20.23	1986	Michael Timpson, Penn State
400 Meters	45.48	1983	James Rolle, Central Florida YMCA
800 Meters	1:46.29	1985	Randy Moore, Penn State
1500 Meters	3:42.5	1980	Larry Mangan, Penn State
		1980	Susthenes Bitock, Richmond
Mile	3:58.4	1980	Larry Mangan, Penn State
3000-Meter Steeplechase	8:33.45 (FAT)	1980	Hillary Tuwei, Richmond
5000 Meters	14:00.73	1980	Hillary Tuwei, Richmond
10,000 Meters	28:45.8	1973	Charlie Maguire, Penn State
110-Meter High Hurdles	13.62	1985	Albert Lane, Karamu Flyers Track Club
400-Meter Hurdles	50.29	2007	Adrian Walker, Illinois
4x100-Meter Relay	40.05	1996	Iowa (George Page, Andre Morris, Chris Davis, Ed Rozell)
4x110-Meter Shuttle Hurdles	59.2	1976	Penn State (Dennis Rock, Peter Kiproff, Bill Austin, Mike Shine)
4x200-Meter Relay	1:25.2	1974	Essex CC(Cecil Mitchell, Kevin Joseph, Herman Marchen, Fred Brown)
4x400-Meter Relay	3:07.25	1982	Seton Hall (Henry Mair, Linval Francis, Brian Denman, Derrick Peynaldo)
4x800-Meter Relay	7:21.4	1974	Cornell (Tom Patterson, Bob Anastasio, Paul Roach, Dave Keehn)
4x1600-Meter Relay	16:44.7	1973	Villanova (Eammon Coughlin, Brian McElroy, Tom Gregan, John Hartnett)
Distance Medley Relay	9:44.7	1973	Villanova (Warren Clark, Jim Rheim, Ken Schappert, John Hartnett)
Sprint Medley Relay	3:18.5	1974	Essex CC (Kevin Joseph, Fred Brown, Herman Marchen, Horace Tuitt)
High Jump	7-4 (2.24)	1983	Bill Therfelder, Keystone State Games
Pole Vault	18-2 1/2 (5.55)	2002	Jeremy Smith, Allegheny
Long Jump	25-11 1/2 (7.91)	1984	Danny Little, James Madison
Triple Jump	54-4 3/4 (16.58)	1984	David McFadgen, Newburg Track Club,
Shot Put	69-1.25 (21.06)	2011	Ryan Whiting, Nike
Discus	207-5 (63.22)	1992	Brian Milne, Penn State
Hammer	268-8 (81.88)	1988	Jud Logan, Athletics West (American Record)
Javelin (New)	252-7 (76.98)	1997	Nigel Beven, Belgrave Harrier
Javelin (Old)	254-4 (77.52)	1984	Bob Dubyoski, Unattached
Decathlon	8,316 points (Hand)	1985	Dave Steen, University of Toronto TC

Women's Records

EVENT	PERFORMANCE	YEAR	ATHLETE, SCHOOL
100 Meters	11.19	1996	Kerry Ann Richards, Illinois
200 Meters	23.13	1996	Aspen Burkett, Illinois
400 Meters	51.89	1996	Chandra Burns, Michigan State
800 Meters	2:03.45	1983	Patty Bradley, Villanova,
1500 Meters	4:15.93	2007	Anna Willard, Michigan
3000 Meters	9:21.67	1981	Judy St. Hilaire, Vermont State
5000 Meters	16:11.14	1981	Kathy Mills, Penn State
10,000 Meters	34:03.5 (HT)	1981	Aileen O'Connor, Virginia
3000-Meter Steeplechase	9:54.70	2010	Bridget Franek, Penn State
100-Meter Hurdles	12.90	1996	Tonya Williams, Illinois
400-Meter IM Hurdles	56.86	1996	Tonya Williams, Illinois
4 x100-Meter Relay	43.89	1996	Illinois (Benita Kelley, Kerry Ann Richards, Tonya Williams, Aspen Burkett)
800-Meter Relay	1:43.78	1981	Morgan State (Rhonda Yancy, Janet Dodson, Nellie Bullock, Roberta Belle)
4x400-Meter Relay	3:34.93	2007	Penn State (Briene Simmons, Gayle Hunter, Dominique Blake, Shana Cox)
4x800-Meter Relay	8:48.27	1981	Penn State (Doreen Startare, Patty Murnane, Terry Pioli, Marry Rawe)
High Jump	6-2 1/4 (1.88)	1983	Lisa Bernhagen, Idaho Track Club
Pole Vault	13-5 1/2 (4.13)	2007	Vera Neuenswander
Long Jump	21-2 1/2 (6.46)	1996	Shandelier Boyd-Pieasant, Ohio State
Triple Jump	43-4 1/2 (13.22)	1996	Dawn Reilly, Illinois
Shot Put	55-0 1/4 (16.77)	1984	Elaine Sobansky, Penn State
Discus	178-10 (54.51)	2001	Deshaya Williams, Penn State
Hammer	219-1 (66.78)	2005	Jennifer Leatherman, Penn State
Javelin	178-4 (54.71)	2009	Kim Hanslovan, Penn State
Heptathlon	5,722 points	2007	Bettie Wade, Michigan